PLEASE SHARE

DECEMBER 2023

la vida liverpool

YOUR GUIDE TO THE BEST ON MERSEYSIDE!

FEATURED IN THIS EDITION



SPORT

PRENTON RUFC: MORE THAN JUST A RUGBY CLUB



FASHION

THE GEM OF A MENSWEAR STORE THAT SUPPORTS MEN'S MENTAL HEALTH!



FOOD & DRINK

PINA LOCA LAUNCHES FREE PRIVATE DINING SPACE!



HEALTH & BEATY

THE CHRONIC PAIN 'MIRACLE WORKER' GIVING PEOPLE THEIR LIVES BACK!



MUSIC & NIGHTLIFE

'LIVIN LA VIDA LIVERPOOL' CHARITY SINGLE LAUNCH FOR PETE THE BUSKER!



FOOD & DRINK

NEW 'SUPER RESTAURANT' OPENS IN CHINATOWN!

THE REGION'S NO.1 POSITIVE NEWS SOURCE!

SCAN THE QR CODE TO VISIT OUR ONLINE MAGAZINE →

la vida liverpool

To become part of the positive news revolution call 0151 318 6555, WhatsApp 07445686648 or email lavidaliverpool@gmail.com



Thank you for choosing positive news!

IMAGE COURTESY OF KIMBERLEY PHILLIPS →

IN THIS QUARTER'S EDITION

WELCOME
A FEW WORDS FROM OUR EDITOR - **4**

FOOD & DRINK
LA VIDA RESTAURANT OF THE QUARTER: KARMA! - **8**

LA VIDA PUB OF THE QUARTER: THE SHIP INN! - **10**

PINA LOCA LAUNCHES FREE PRIVATE DINING SPACE! - **12**

PINA LOCA COMES TO THE SCRAPYARD - **14**

NEW 'SUPER RESTAURANT' OPENS IN CHINATOWN! - **18**

WIRRAL'S FIRST SRI LANKAN RESTAURANT OPENS IN HOYLAKE! - **20**

FROM CIVIL WAR ESCAPEE TO 5 STAR RATED RESTAURANT OWNER! - **22**

TOP CHEF BRINGS 5 STAR SUNDAY ROASTS TO SOUTH LIVERPOOL! - **26**

LANDLORD OF ICONIC WIRRAL PUB CELEBRATES 25 YEARS! - **28**

LEGENDARY WIRRAL CAFE BAR RE-OPENS - **30**

MUSIC & NIGHTLIFE
LA VIDA EXCLUSIVE WITH CLEM BURKE AHEAD OF LIVERPOOL GIG! - **36**

'LIVIN LA VIDA LIVERPOOL' CHARITY SINGLE LAUNCH FOR PETE THE BUSKER! - **40**

LA VIDA HOSTS LIVERPOOL INDEPENDENT MUSIC CONFERENCE! - **42**

QUIRKY NEW BRIGHTON GEM CELEBRATES 1ST BIRTHDAY - **46**

FREE VENUE HIRE AT FABULOUS FLORAL GEM! - **50**

PEOPLE & LIFE
ROSE & CROWN COMMUNITY PUB ONE YEAR ON! - **56**

MY LOVE STORY: FROM COLOMBIA TO A HOYLAKE CAKE SHOP! - **58**

WIRRAL'S LARGEST BABY EMPORIUM CELEBRATES 35 YEARS! - **62**

HOYLAKE MORTGAGE BROKERS RAISE THOUSANDS FOR CHARITY! - **64**

LINDA B: THE SCIENCE OF SELF-COMPASSION - **66**

HEALTH & BEAUTY
FROM FIRST OF ITS KIND TO FASTEST GROWING GYM IN NORTH WEST! - **70**

THE CHRONIC PAIN 'MIRACLE WORKER' GIVING PEOPLE THEIR LIVES BACK! - **74**

WIRRAL'S LARGEST HEALTHY DOG FOOD STORE OPENS! - **78**

WIRRAL NURSE AIMS TO 'SET THE STANDARD' IN AESTHETICS - **82**

ARTS & CULTURE
WITCHY EMPORIUM OPENS IN LIVERPOOL CITY CENTRE! - **88**

GED SAID - **90**

POETS' CORNER - **91**

THE GALLERY - **92**

PHOTOGRAPHS OF THE QUARTER - **93**

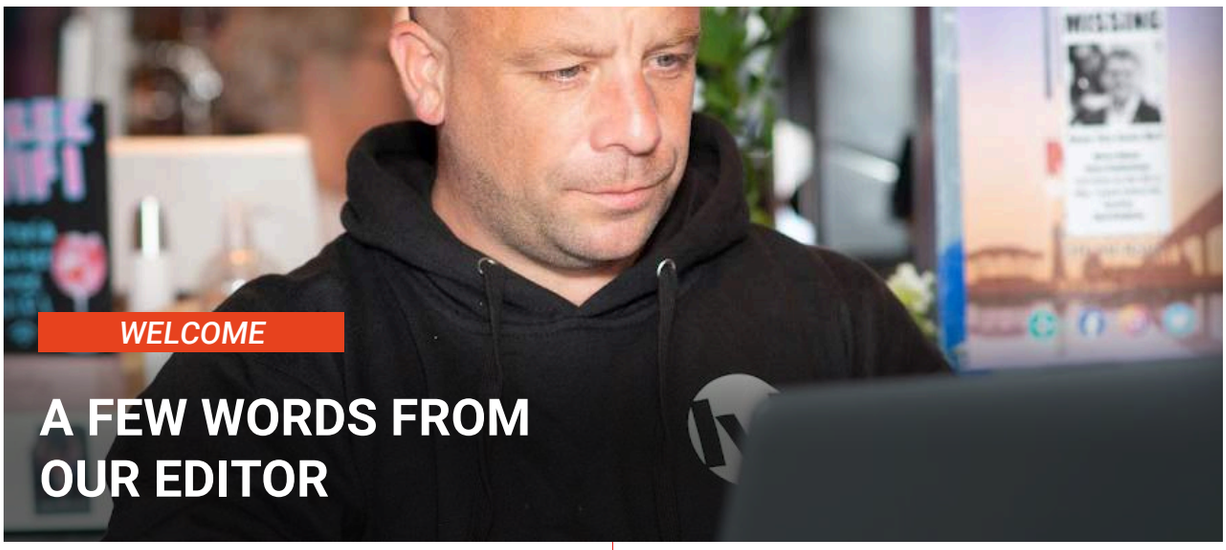
DIARY OF A TAROT READER - **94**

FASHION
THE GEM OF A MENSWEAR STORE THAT SUPPORTS MEN'S MENTAL HEALTH! - **98**

TRAVEL
OUR NORTH WALES TOUR WITH STARGAZERS CAMPERVAN HIRE - **104**

SPORT
PRENTON RUFC: MORE THAN JUST A RUGBY CLUB - **110**

A LOOK INSIDE LIVERPOOL'S NINJA TRAINING GYM! - **112**



WELCOME

A FEW WORDS FROM OUR EDITOR

Hey Guys! Welcome to the third edition of La Vida Liverpool print magazine -- the latest evolution of La Vida Liverpool. We've had an online magazine for almost 6 years, a radio show on New Brighton Radio for almost 2 years and now this high quality print magazine that you have in your hands. It's been a lot of graft, I can tell you, but a job I take a great deal of pleasure in doing. For those of you who don't know me, or if



you're reading La Vida Liverpool for the first time, I'm Justin Hopper and I created this positive news concept in April 2018 -- with the aim of shining a light on all the great people, businesses, charities and events in our region. The vision was to encourage people to focus on faith, hope, love and unity -- as opposed to the fear, anger, hatred and division that the mainstream media mostly projects. I think La Vida has done great things to achieve this and I'm really proud!

It's been a great deal of work putting this latest print edition together and big thanks must be given to Alec Lawley -- my very talented graphic designer. It's so refreshing to work with someone who has the same passion in order to create the quality publication you see before you. My good friend Mark Taylor has also been a star -- helping me deliver thousands of these beauties throughout the region. This positive news revolution is indeed a team effort -- I cannot do it alone!

Of course, I must say a huge thank you to all the amazing clients and friends who advertise with La Vida Liverpool for their marketing and PR needs. Without advertisements, this print magazine would not exist and by advertising with La Vida you too are part of the positive news revolution. La Vida Liverpool offers online magazine articles, social media campaigns, print features and adverts, press coverage in local and national news, photo and video content and more. It's a real joy working with wonderful people to help get them out there!



If you're reading this, you too are part of the positive news revolution -- you have chosen positive news, focusing on the good in society and those who are trying to combat the issues. Collaboration is key and I truly believe we can work together to

make the world a better place. We are living in a world where higher powers and big corporations are killing us with poisonous foods and chemicals, toxic media, poverty, war, the list goes on -- mental health issues are on the rise as well as suicides. Many people are spiritually and emotionally malnourished -- with detachment and lack of purpose causing unhappiness and relationships breaking down.

La Vida Liverpool is in the realm of the media and aims to combat the above issues through encouraging people to choose positive news, to choose good over evil and to empower those who are also striving to make the world a better place.

These past few months have been particularly busy for La Vida Liverpool and there have been some amazing projects going on alongside the magazine and radio show. We joined forces with Latin party band Los Amigos to create our charity hit single, Livin La Vida Liverpool -- a hilarious song and music video that was expertly filmed by EMPRA (Eliot Murphy). The legendary Pete The Busker starred in the video before he passed away so we decided to make it a charity single in his memory and to raise money for Mr. Old Hall Street and the Liverpool homeless. We raised over £1,500 and you can read all about this on page 40.



Back in August we hosted a music conference at Round The Corner -- with some incredible live acts and talks from guest speakers. You can read all about this on page 42. As I write this I am about to take part in the Strictly For Liverpool Women's Hospital dancing event to raise money for their charity. By time you read this I will have competed in the event -- so the next time you see me ask me how I got on haha!



Back in September I met an amazing woman, Leanne Hughes. We had intended to meet up to discuss promoting her fabulous art but ended up falling madly in love -- thank you La Vida Liverpool and the universe for this most incredible gift! That said, we did end up working some magic with her art and put on a hugely successful exhibition at Oakland Gallery in New Brighton. You can check out her stunning work on page 92 -- I am thoroughly proud to have such a talented and beautiful girlfriend!



So, once again thank you for reading this -- for choosing positive news and being part of this revolution! I hope you enjoy all the content in this latest edition of La Vida Liverpool print magazine -- packed with goodness, positive stories, great places to eat and drink and boss people and businesses. Until the next edition, much love ❤

every waking day
is an **opportunity**
to start again,
to live again
and to achieve
greatness.

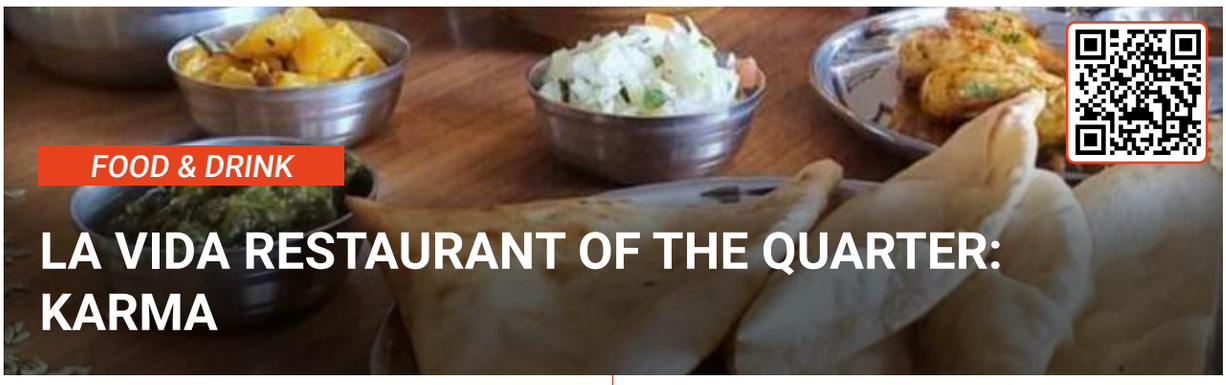




FOOD & DRINK

la vida liverpool

MAGAZINE



FOOD & DRINK

LA VIDA RESTAURANT OF THE QUARTER: KARMA

In this new La Vida Liverpool feature, we bring you our latest Restaurant Of The Quarter! Featured in our online magazine and print magazine, each quarter we highlight one of our favourite eateries in the region, carefully selected for your culinary pleasure. This quarter our focus is on West Kirby's Karma Indian Food.

What's Karma About?

Located on Grange Road in the heart of West Kirby, Karma is not your average Indian restaurant and is certainly worth a venture to the North West tip of the Wirral peninsular for! A perfectly balanced blend of old school recipes passed down through DNA and modern, forward thinking innovation, Karma has things on point.



A family run restaurant that seems to constantly thrive in an ever-changing seaside town, Karma has been subtly adapting and evolving, whilst staying true to its roots. Using the wisdom and expertise of Grandad and Grandma Miah, who opened one of Wirral's first ever Indian restaurants in the early 70s, the Taj Mahal, and introducing modern twists — Karma is brings the best of both worlds.



What's On The Menu?

At Karma you'll find a refined menu that's clearly broken down into sections — with each dish obsessively curated by Head Chef Hussain Miah. Taught to be a perfectionist by his Grandma, Hussain painstakingly experiments with ingredients and spices to perfect mouth-watering dishes with a unique Karma twist.

Rather than play it safe with your go to dishes, why not try a few small plates such as Salmon Tikka, Kathi Roll or Spiced Lamb? If you're looking for a new favourite main dish, feel free to chat to Hussain and the team about your preferences and they'll recommend the ideal dish for you. Whatever you choose, it will be different at Karma — that's for sure!





Main Menu

KARMA

Starters

Papadoms £1 each

Chutney Tray
The classic mango chutney, mint yoghurt & onion salad.
2.00

Homemade Pickles
Vegetables pickled w/spices.
3.00

Starters/ Small Plates

Onion Bhajis
Classic bhaji, onion w/spices.
4.75

Seekh Kebabs
Spicy ground lamb cooked on a skewer.
5.25

Chicken Chaat
Chicken, onion & tomato w/chaat masala & puri bread.
5.50

Cauliflower Pakora
Cauliflower fritter spiced w/ginger & turmeric.
4.75

Pan Fried Tiger Prawns
Tiger prawns cooked in a blend of spices.
5.50

Kathi Roll
Chicken tikka wrapped in a flakey paratha w/onions, peppers, mint & coriander.
5.50

Spiced Lamb
Curried lamb cooked w/finely diced peppers & onions. Served w/a chapatti on the side.
5.50

Veg Samosa
Vegetables wrapped into a samosa.
4.95

Salmon Tikka
Grilled salmon marinated in spices & yoghurt.
5.95

Chicken Dishes

Nykke 3
Chicken Tikka w/spinach, flavoured w/coconut & lemon. A slightly hot but sweet curry.
10.50

Badami Murgh 1
Chicken tikka in a creamy coconut sauce, w/mango & topped w/cashew nuts.
10.50

Butter Chicken 3
Marinated chicken in a yoghurt & coconut based curry w/tomato & ginger.
10.50

Chicken Shashlik 2
Chicken tikka cooked w/onions & peppers.
10.50

Chicken Tikka 2
Chicken marinated in yoghurt & spices served w/a rich curry sauce.
10.50

Vegetable Dishes

Spinach Potato Dhal 1
Lentil curry cooked w/plenty of garlic, spinach, potato & fried onion for a delicious flavour combo.
9.50

Butter Paneer 2
Paneer cooked in a yoghurt based sauce w/tomato & ginger, fresh garden peas.
9.50

Channa Chholay 2
Chickpeas cooked w/onion tomato & a blend of spices w/lemon juice.
9.50

Lamb Dishes

Lamb Kadhai 3
Tender lamb in a onion & tomato sauce w/spices, garlic & ginger.
11.50

Lamb Rogan Josh 3
Lamb cooked w/peppers & onions in a tomato spicy curry sauce.
11.50

Dali Goat 2
Garlic & fried onions cooked in lentils w/tender lamb chunks, finished w/coriander.
11.50

Lamb Ceylon 5
Lamb in a sauce that builds in intensity w/every bite. Who knew coconut & ginger could be so hot!
11.50

Seafood Dishes

Machli Molee 2
Prawns & white fish cooked in a medium light curry for the delicate souls!
12.00

Tenga Mas 4
A crisp & citrusy fish curry w/tomatoes, potatoes & fresh green chillies.
12.00

Tiger Prawns Tikka 2
Tiger prawns cooked in a rich tandoori masala w/fried onions & a rich curry sauce on the side.
12.00

Cheemeri Jhings 3
Tiger prawns flavoured w/vinegar & coconut in a rich creamy yet spicy sauce.
12.00

Karma Classics

Jalfreizi 4
A hot yoghurt based sauce adorned w/peppers, onions & green chillies.

Jalmeera 4
Tomato based sauce that is both hot & sweet w/ green chillies.

Garlic Masala 2
A rich yoghurt based masala sauce packed w/garlic.

Korma 1
A sweet & creamy curry w/coconut & almond.

Saag 1
Spinach sauteed in a garlic & coriander.

Choose from:

Chicken	10.50
Lamb	11.50
Prawn	12.00
Vegetables	9.50

Karma Biryani

Biryani 1
Basmati rice beautifully cooked w/a combination of whole spices. All served on top of an onion based curry sauce blended w/extra biryani spices, no side sauces needed.

Lamb	13.00
Chicken	11.00
Vegetable	10.00

ALLERGIES & INTOLERANCES

If you have an allergies or intolerances, we will alter our dishes for you. See separate allergens sheet for full details.

Side Dishes

Tarka Dhal
Garlic & lentils.
4.50

Masala Fries
Fries topped with masala spices.
3.75

Saag Aloo
Spinach & potato.
4.50

Saag Paneer
Spinach & cheese.
4.50

Aloo Gobi
Spiced potato & cauliflower.
4.50

Aloo Bhaji
Spiced potato.
4.50

Cauliflower Bhaji
Spiced cauliflower.
4.50

Channa Bhaji
Spiced chickpeas.
4.50

Rice & Breads

Pilau Rice
3.00

Boiled Rice
2.75

Naan
3.00

Peshwari Naan
3.50

Garlic Naan
3.50

Garlic & Chilli Naan
3.50

Chapatti
1.75

SPICE LEVELS 1 = mild 2 = medium 3 = medium/hot 4 = hot 5 = very hot 6 = extra hot

Karma Indian Food | 9 Grange Road, West Kirby, Wirral, CH48 4DY | T: 0151 625 5999 | Tag us in your photos!

The Vegan & Gluten Free Options....

One of the things that really sets Karma apart is how the restaurant has embraced vegan and gluten free diners. Karma has a refined menu but also has separate menus dedicated to vegans and those with a gluten intolerance — rather than it being an afterthought or expecting the diner to navigate the main menu.

The vegan and gluten free menus are broken down in sections, much the same as the main menu, and whilst they are refined they offer plenty of options. A fine example of how Karma has adapted seamlessly to the needs of a changing world, there are simple menus yet there's a dish for everyone.





Why We Love Karma....

We've been covering restaurants throughout the region for almost 6 years and love to get behind the scenes to find out what makes them truly special. Having known Karma for way beyond that time, we can definitively tell you that Karma is a very special gem — fusing family traditions and modern twists expertly.

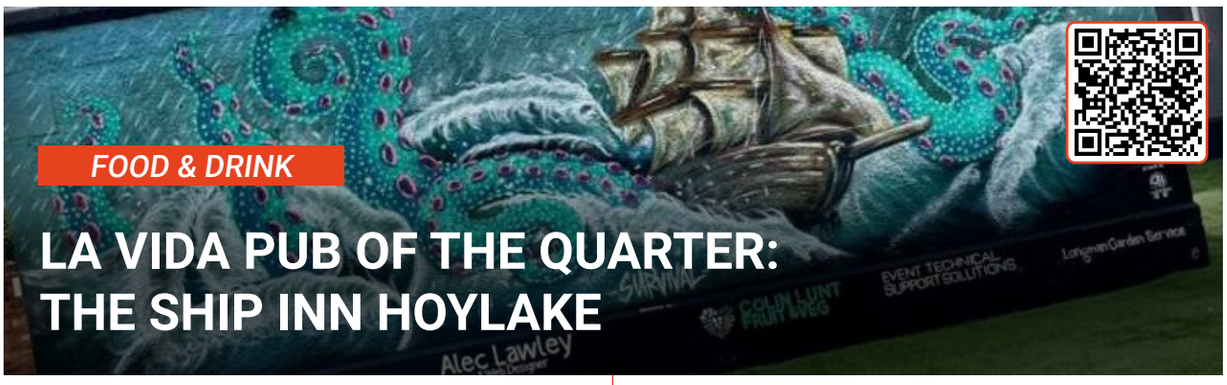
Karma Indian Food / 9 Grange Road, West Kirby, Wirral, CH48 4DY / 0151 625 5999

TO BOOK A TABLE CALL 0151 625 5999 OR MESSAGE VIA FACEBOOK

For the menu and more visit www.karmaindianfood.com

Follow Karma on FACEBOOK

Follow Karma on INSTAGRAM



FOOD & DRINK

LA VIDA PUB OF THE QUARTER: THE SHIP INN HOYLAKE

In this regular feature, we bring you our Pub Of The Quarter and for December 2023 we've chosen The Ship Inn, Hoylake! Dynamic couple Loz and Vic have completely transformed The Ship since 'taking the helm' back in 2020 and today it offers top quality food, live music, Irish jam sessions, live sport, a quiz, artisan markets, community events and more!



Fantastic Food!

The Ship offers some of the best pub food around 7 days a week and the latest menu is packed with hearty winter warmers such as locally sourced fish and handcut chips, award winning Pieminster pies, slowroast gammon in clementine and ginger and quality steaks from Scott's. Their Hoylake Fisheries Seafood Chowder is epic and comes with king prawns, salmon, cod and mussels with crusty bread.



The Ship is all about using fresh ingredients from local suppliers and Mon-Thurs 12-9pm they offer 2 main courses for £25. On Sundays, their 'Sunday Social' most often sells out — featuring their divine roasts and legendary Sunday Roast Sharers with trimmings such as pigs in blankets and honey and wholegrain parsnips.





Music, Markets & More!

The Ship puts on the best artists and bands in the region every Friday and Saturday night and The Coral, Nigel Clark of Dodgy make appearances alongside top local cover acts. Loz and Vic have transformed the carpark into a large outdoor area that hosts artisan markets on the last weekend of every month and huge events in the summer. Meanwhile, there's a gem of a beer garden to the rear.



More Than Just A Pub....

Whilst remaining very humble, Loz and Vic have done many things for charity and local causes and The Ship is very much a community hub. During lockdowns they delivered up to 80 free meals per day to vulnerable members of the community, raised thousands for foodbanks by giving away good beer that couldn't be sold and raised money for Built Care Packs for keyworkers through their online festival.



Although it's not something they like to shout about, Loz has previously been shortlisted for Licensee Of The Year by The Publican and accredited with Beautiful Beer Gold Award, whilst Vic has won an award for Most Inspirational Female In Liverpool for International Women's Day. Over the years, the couple have raised tens of thousands of pounds for good causes through their pubs.

Check Out The Sister Pub....

Local legends Loz and Vic have also transformed another Hoylake pub. Situated off the beaten track on Lake Place, The Lake is a traditional pub oozing with character that has live music, jam nights, quiz nights, live sport and a great atmosphere. If you're looking for a fine pint and a great night out in Hoylake, The Lake is an absolute gem too!



Why We Love The Ship (and The Lake)...

Here at La Vida Liverpool, we love pubs that tick all the boxes — great food and drink, live music, events, character, a great atmosphere and a community ethos. The Ship ticks every single one of those and it's all down to the sterling work of Loz and Vic, who have transformed both The Ship and The Lake into two of the best pubs in Wirral. Keep up the great work guys!

The Ship Inn / 80 Market Street, Hoylake, Wirral, CH47 3BB / 0151 632 4426 / theshipinn80@gmail.com

TO BOOK A TABLE FOR FOOD CALL 0151 632 4426

Follow The Ship on FACEBOOK
Follow The Lake on FACEBOOK



FOOD & DRINK

PINA LOCA LAUNCHES FREE PRIVATE DINING SPACE!

Wirral's 5 star rated restaurant, Piña Loca, has launched its cool new private dining space and it's FREE to parties of 10 or more. The intimate upstairs room features stripped back brick walls and colourful Mexican decor and diners can enjoy their own private bar and server.



Ideal for a special occasion or a Christmas night out, the ambient new space offers an exclusive dining experience in a relaxed loft-style setting — with an on point playlist to set the scene. Seating up to 20 people, guests can enjoy their own private Piña Loca with a dedicated server bringing mouth-watering Mexican dishes with a twist and creative cocktails.



Situated on Allport Lane in Bromborough and open 7 days a week, Piña Loca is one of Wirral's true gems. Soon to celebrate its second birthday, there have been countless 5 star reviews on all platforms and people have been travelling from far and wide such is its allure.



Voted by La Vida Liverpool readers as one of the best restaurants of 2022 and recently featured as its Restaurant Of The Quarter, Piña Loca offers small plates, tacos, bowls and burritos — all with their own intriguing twist and plenty of vegan options. You'll also find a colourful and fun range of inventive cocktails.



Whether it's a Christmas night out, a birthday, an engagement party, anniversary or something else, Piña Loca offers one of the coolest dining spaces around. If you're using it in the daytime or early evening, check out their great offers such as the lunch and early doors menus.

The lunch menu is available 7 days a week from 12pm until 4pm and offers 3 small plates for £16, 3 tacos for £18 and a burrito or bowl and Jarritos for £12. Meanwhile, the early doors menu is available Sun-Thurs from 12pm until 6.45pm and offers 3 small plates for £16 or 3 tacos for £18.



Owner Babul Miah said: *"We feel we've found the perfect sweet spot of top quality dining and a relaxed, informal vibe. The upstairs space now gives us something else to offer — it gives people a private dining experience with a private bar and personal service at no extra cost where larger groups can enjoy their own space. It's like having your own personal Piña Loca."*



Customer reviews certainly echo the sentiment, with many people loving the unique experience the upstairs offers. Piña Loca is rated 5 stars on Facebook with 79 reviews, 5 stars on Sluurpy with 119 reviews, and 5 stars on Trip Advisor with 87 reviews — and for good reason.



Julie recently said: *"Just had a beautiful meal at Piña Loca. The restaurant has a lovely atmosphere with friendly attentive staff. Considering there were eleven of us, our server took it all in her stride and kept us all informed throughout and was very knowledgeable about allergies which put my mind at rest being coeliac! This was our first visit but definitely not the last!"*

Cheryl said: *"Great night with friends! We opted for Mexican small plates and wow it was so tasty and plenty to choose from on the menu. We arrived at 7.30pm and stayed all night! Not just amazing food and drinks but great atmosphere and the most down to earth staff."*



Here at La Vida Liverpool we're huge fans of Piña Loca, hence the reason we selected it as our Restaurant Of The Quarter recently, and it seems our readers agree — voting it as the 2nd best restaurant of 2022. The new private dining space is another great reason to visit — perfect for that very special occasion or Christmas party.

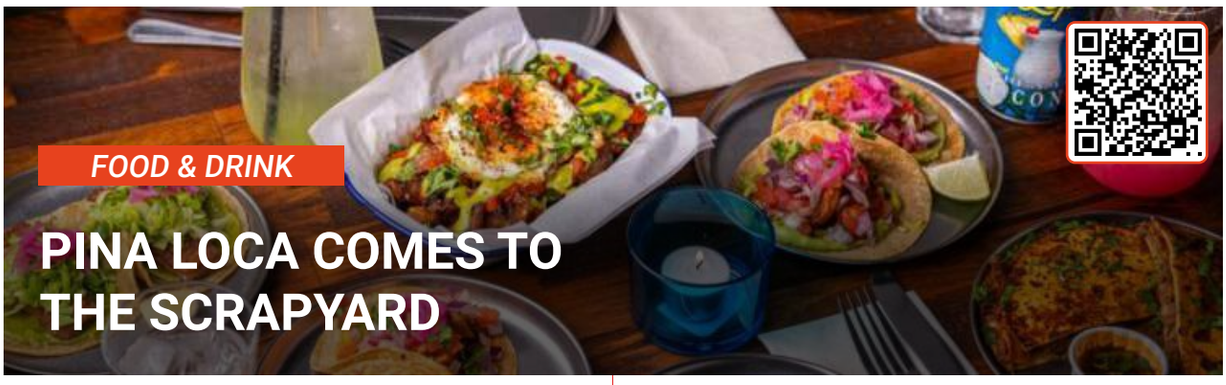
Piña Loca / 24 Allport Lane, Bromborough, Wirral, CH62 7HP / 0151 245 3938

TO BOOK THE SPACE FOR YOUR SPECIAL OCCASION CALL 0151 245 3938 OR VISIT PINALOCA.CO.UK

For the menu and to book visit www.pinaloca.co.uk

Check out Piña Loca on FACEBOOK!

Check out Piña Loca on INSTAGRAM!



FOOD & DRINK

PINA LOCA COMES TO THE SCRAPYARD

BIG NEWS on the Wirral dining scene! The 5 star rated Piña Loca has joined forces with The Scrapyard in Liscard in what can only be described as a match made in heaven! The Bromborough restaurant is bringing its mouth-watering Mexican cuisine to the award winning Liscard cafe-bar and local are in for a treat!



The kitchen takeover commenced on Friday 3rd November — with Piña Loca's refined menu of small plates, tacos, bowls and burritos available from 5pm Friday to Sunday. Having just celebrated their 2nd birthday, Piña Loca has taken Wirral by storm and the collaboration with The Scrapyard means even more people can enjoy their culinary delights!



La Vida Liverpool's restaurant of the quarter and pub of the quarter respectively for July 2023, Piña Loca and The Scrapyard are two of the finest independent hospitality businesses around. Piña Loca was also voted by La Vida Liverpool readers as one of the best restaurants of 2022, meanwhile The Scrapyard was recently voted as Best Pub/ Bar 2023 by The Wirral Globe readers.



Piña Loca is one of the true gems of the Wirral dining scene. The colourful culinary concept has over 300 5 star reviews across all platforms — with flavoursome dishes that all have their own unique and intriguing Piña Loca twist and plenty of vegan and vegetarian options available.



The Scrapyard in Liscard is one of the coolest hangouts around — offering coffee and cake, light bites such as their famous cheese on toast, quality cocktails and wines, an abundance of beers and craft ales, live music, events and more! Quirky, quaint and all about quality, The Scrapyard has colourful furniture and a chilled vibe perfect for any time of day — with the only thing missing being an evening food menu.



This dynamic joint venture is the final piece in the jigsaw for the Liscard hangout — taking it to the next level and giving people yet another reason to visit. For Piña Loca it's a wonderful opportunity to share their heavenly food with a wider audience in a different part of Wirral.



The Scrapyard's Claire Mallon Simpson said: *"We cover everything at The Scrapyard at all times of day — from coffee, cake and our famous cheese on toast in the day to cocktails, craft ales and live music in the evening. The only thing missing has been quality food in the evenings and it has been a shame having a great kitchen going to waste. To join forces with such a great restaurant like Piña Loca is really exciting!"*



Piña Loca's Babul Miah said: *"We've been doing great things in Bromborough for two years now and although people do travel from all over to visit us, it's great to branch out. We were looking at a second venue anyway but when The Scrapyard came available for a kitchen takeover it was a no-brainer. They're award winning and have a great space ready to go."*



Piña Loca has joined forces with The Scrapyard in Liscard. The 5 star rated Bromborough restaurant is bringing its mouth-watering Mexican small plates to the award winning Liscard cafe bar from Friday 3rd November — with Piña Loca's refined menu of small plates, tacos, bowls and burritos available from 5pm Friday to Sunday.

Piña Loca @ The Scrapyard / 68-70 Wallasey Road, Liscard / Fri-Sun from 5pm

FOR PRIVATE HIRE OF THE SCRAPYARD'S OUTSIDE SPACE CALL 07542197532 OR MESSAGE ON FACEBOOK

FOR WHAT'S ON FOLLOW THE SCRAPYARD ON FACEBOOK!

FOLLOW PINA LOCA ON FACEBOOK!



The North West's Only Colombian Street Food Cafe!

- Authentic Colombian and Latin American street food
- Empanadas, Picada Mixta, Papas Rellenas and more
- Upstairs dining space or takeaway
- Latin American shop selling speciality food and drink
- Private parties





A slice of Latin America in Liverpool city centre!

thetwinsflavour | The Twins Flavour Liverpool

60 Dale Street, Liverpool, L2 5ST
07933 170273



MT. EVEREST
NEPALESE CUISINE

WIRRAL'S FIRST EVER NEPALESE RESTAURANT!

- MOUTH-WATERING NEPALESE CUISINE ALONGSIDE INDIAN CLASSICS
- NEPALESE MOMOS (DUMPLINGS), GURKHALI CHICKEN AND MANY MORE FASCINATING DISHES
- COUNTLESS 5 STAR REVIEWS
- 10% OFF ON ORDERS ABOVE £25 FOR BOTH COLLECTION AND DELIVERY







MT EVEREST / 45 WALLASEY ROAD, LISCARD, CH45 4NN / 0151 458 8906

FOR MORE INFO ON MT EVEREST VISIT MTEVERESTCUISINE.CO.UK | FOLLOW MT EVEREST ON FACEBOOK!



FOOD & DRINK

NEW 'SUPER RESTAURANT' OPENS IN CHINATOWN!

A new Chinese 'super restaurant' has opened in Chinatown, offering up to 300 covers over three floors, private dining and events spaces and a rooftop terrace opening soon. Man Tsuen Ho's Restaurant has opened on Nelson Street after an extensive two year refurbishment and has already received countless 5 star reviews.



The new restaurant aims to set the standard and revolutionise Chinese dining in Liverpool. The restaurant is open 7 days a week and offers all diners access to both the classic Chinese restaurant style dishes and traditional authentic Chinese dishes — giving people access to alternative dishes they wouldn't usually get to try.



With thousands of combinations of dishes on the menu, Man Tsuen Ho's Restaurant also has an extensive Dim Sum lunch menu and a 'Create Your Own Dish' menu — whilst there's a big focus on cocktails and top quality service. Since opening in June 2023, diners have been raving about it.



Some of the favourite dishes amongst diners have been Three Roast Meats, Char Sui Baos, Crispy Lamb and seafood dishes such as Seabass and Lobster — with plenty of vegetarian and gluten free options available on the extensive menu. At Man Tsuen Ho's Restaurant, you'll find not only top quality but also a vast quantity of dishes.



Despite having a plush modern feel to it, Man Tsuen Ho's Restaurant offers great value for money and a number of private events have been enjoyed in the private function venue spaces — free to hire for large groups to celebrate special occasions. The restaurant is planning on big Christmas and New Year's celebrations — not to mention Chinese New Year in February.



Man Tsuen Ho's Restaurant is very much a family effort led by the Ho family, who have gained an exceptional reputation for Ho's Restaurant in Prescot. Through Man Tsuen Ho's Restaurant, the family aims to become a game changer for the local Chinese dining scene, whilst hoping the restaurant will kick-start the regeneration of Chinatown.



Wilson Ho explained: *"Many Chinese restaurants are very traditional in their offerings and we aim to bridge that gap. Whereas the traditional Chinese menu is usually separate for Chinese, we have opened it up for all diners — giving them some alternative choices and therefore offering thousands of combinations of dishes. Our extensive Dim Sum menu has been very popular too."*

He continued: *"With our menu being so extensive, we have different kitchen departments and specialists in different types of cooking. All food is cooked fresh from scratch and we make our own chilli oils and sauces. We are big on service too — as many Chinese restaurants lack the customer interaction. We have plans to open the roof terrace in 2024 and our bigger vision is that we will help spark Chinatown's regeneration."*



Liverpool's Chinatown is the oldest in Europe however some buildings lie dormant and often tourists will just come to the area to get a photograph underneath the arch and then go elsewhere.

The Ho family hopes the idea of a 'super restaurant' will bring more footfall to the area and they are entering talks with Liverpool City Council to see what more can be done to improve the area.

Tommy Ho said: *"Liverpool is rich in Chinese heritage and we want to honour that by opening this very special restaurant in Chinatown, whilst also looking to the future and hoping it will lead to more developments in the area. So far the feedback has been outstanding and people are saying there's nowhere quite like it around — especially after trying some of our alternative dishes!"*



Man Tsuen Ho's Restaurant has opened on Nelson Street after an extensive two year refurbishment and features three dining floors for up to 300 people, private dining rooms and a roof terrace coming soon. The restaurant is open 7 days a week and offers thousands of combinations of dishes including a Dim Sum lunch menu, both Western and traditional Chinese menus and a 'Create Your Own' menu.

Man Tsuen Ho's Restaurant / 18 Nelson Street, China Town, Liverpool, L1 5DN / 0151 708 4900

TO BOOK A TABLE CALL 0151 708 4900

Check out Man Tsuen Ho's on FACEBOOK!

Check out Man Tsuen Ho's on INSTAGRAM!



FOOD & DRINK

WIRRAL'S FIRST SRI LANKAN RESTAURANT OPENS IN HOYLAKE!

Wirral's first Sri Lankan restaurant has opened in Hoylake — serving mouth watering authentic dishes that locals are raving about. The Hut has received a multitude of 5 star reviews since opening on Market Street in August and diners have loved sampling flavoursome and unique Sri Lankan dishes for the first time.



The Hut is the loving creation of husband and wife team Gayan and Shanika, who moved to Wirral with their three children in 2021, and their aim is to introduce the people of Wirral to the best cuisine Sri Lanka has to offer. The intimate little gem has gone down a storm since opening and the family have been overwhelmed by the positive feedback and warm welcome from locals.



Food is prepared using fresh ingredients and spices are shipped from the fields of Sri Lanka by Shanika's father, whilst she uses recipes passed down from her late mother. From Devilled Corner (a devilishly delicious dish that packs a punch of flavour) to Beach Combo (Casava wrapped and baked in banana leaf with coconut) to Mutton Curry, the dishes are intriguing and creative.



The restaurant is also the first to introduce 'Hoppers' to Wirral, a type of rice flour pancake filled with curry and topped with sambol and chutney. Glowing reviews of The Hut have been coming in thick and fast, with customers quoting things such as *"amazing food, lovely people"*, *"gorgeous meal with lovely friendly service"* and *"fantastic, authentic, awesome, tasty food."*

One customer said: *"Great meal at The Hut last night. First time for both of us trying Ceylon/Sri Lankan cuisine. Gayan explained the menu to us and explained how it was all cooked from scratch using fresh ingredients and the difference between SriLanka and Indian food! What we had was amazing and we will definitely be back to explore the menu further. Would highly recommend a visit."*



Gayan explained: *"Ever since moving to Wirral from London, we've been so happy. The people here are very friendly and to have all these 5 star reviews already fills us with joy. When people come into our restaurant, for us it is like them coming into our home so we put all our love into every dish and treat our customers like family."*



Whilst in London, Shanika's Sri Lankan cuisine became a big hit — firstly making food from home for event catering and eventually catering for high end millionaire clients in Bishops Avenue, Finchley. After discovering the Wirral through some friends, Gayan and Shanika fell in love with the area and decided to fulfil their dream of opening their own restaurant.



Shanika said: *"It is a dream for us to open our first restaurant and Wirral's first Sri Lankan restaurant here in Hoylake. It is particularly special for me as I feel like my mother is still at work — to see people enjoying the recipes she taught me is so lovely and to have Sri Lankan spices sent from my father in our dishes is also magical. It feels great to provide the people of Wirral with the best flavours from our country."*



Having recruited their best friend 'Eddie', the family's new gem has fast become the talk of the seaside town and they are often fully booked at weekends. Inviting diners to immerse themselves in a fusion of flavours, aromas, spices and colours, The Hut brings something truly unique to the Hoylake high street.



Gayan summarised: *"It's great to offer something different to the people of Wirral and show them the delights from our country. We're big on spices, many of which have healing properties, and all our dishes pack lots of flavour. So far the feedback has been amazing and we want to introduce as many people as possible to Sri Lankan food."*



The Hut has opened at 88 Market Street, Hoylake, offering authentic Sri Lankan dishes cooked fresh from scratch using authentic recipes and spices sent from Sri Lanka. The restaurant is open Tues-Thurs 5pm-9pm, Fri-Sat 5pm-11pm and Sun 5pm-9pm.

The Hut / 88 Market Street, Hoylake, Wirral, CH47 3BD / 0151 632 0223

TO BOOK A TABLE CALL 0151 632 0223 OR MESSAGE VIA FACEBOOK!



FOOD & DRINK

FROM CIVIL WAR ESCAPEE TO 5 STAR RATED RESTAURANT OWNER!

A Nepalese civil war escapee has finally fulfilled his dream of owning his own restaurant and has done so in Wirral. Jeevan Kandel, 37, fled horrific war crimes and brutality in Nepal — going on to work at top restaurants in Dubai and London before settling in Moreton where his Mexican restaurant, Piri Siri, is receiving 5 star reviews.



Top chef Jeevan came to Wirral with his wife and two little girls in 2016, following an 8 year stint as Senior Chef at the highly acclaimed Dishoom in London. After a couple of chef roles locally, the opportunity arose to take over Fajitas at Moreton Cross — a Mexican restaurant that had failed due to a 0 Star hygiene rating.



Despite the previous bad reputation, Jeevan has turned the restaurant around — rebranding it as Piri Siri, achieving a 5 Star hygiene rating and collecting almost 500 5 Star reviews across all platforms within a year. Piri Siri is open 7 days a week and offers fun, colourful Mexican food from classics such as burritos, tacos and chimichangas to steaks and specials such as lamb chops, swordfish and seabass.



The success of Jeevan's first restaurant and overcoming the odds is testament to his determination. Having fled his home country in 2001 during the brutal conflict in Nepal, he obtained a Diploma in Hotel Management and trained as a chef in India before going on to work at the likes of The Radisson in Dubai and top restaurants in London — whilst always carrying the dream of opening his own restaurant.



Jeevan explained: *"I had so many happy memories as a child in Nepal — I could see the Himalayas from my bedroom window and I'd play cricket. I used to help my mother cook using fresh herbs and spices and this is where I developed my passion for cooking. It was such a beautiful life until the civil war started whilst I was doing my GCSEs and they made me join the army at 15."*



He continued: *"The Nepalese Civil War hasn't been documented much in the West but it was as bad as war gets — my friends died, unspeakable things happened and there was a constant threat of death. I was one of the lucky ones who managed to escape to India and that experience made me realise that life is precious so I followed my passion of working with food — always dreaming of having my own restaurant."*

Jeevan plied his trade with top chefs internationally and mastered various cuisines — falling in love with Mexican food and using his knowledge of herbs and spices from back home to put his own unique twists on the dishes. After working in Dubai and then many years in London, he finally settled in Wirral and when Fajitas in Moreton became available fate took its hold and Piri Siri was born.



Jeevan said: *"Moving to Wirral is the best thing that could have happened to me — my wife and kids love it here and we are now proper Wirralians. To have my own restaurant has always been my dream and when this came up in 2022 I jumped at the chance — I decided to call it Piri Siri after my daughters Pirity and Siristy. It has been a big gamble to take it on but the customer reviews make it all worth while!"*

Jeevan's work at the restaurant has not only seen a re-brand as Piri Siri but a rise for 0 star to 5 star food hygiene rating and an overwhelming amount of 5 star reviews. Offering great value, Mexican classics with a twist, intriguing specials and fun cocktails, Jeevan has worked wonders in his first year as an independent business owner.



Piri Siri is also opening on Christmas Day — with a very affordable set menu offer for families to enjoy Christmas Mexican style! The full 3 course menu will consist of their Mexican classic dishes with a Christmas twist at the £16.95 per child and £39.95 per adult.



Jeevan summarised: *"It's been a big task and a big risk taking on this restaurant, especially in the climate with energy bills and the cost of living, but after what I experienced in Nepal I feel like anything is possible. If you stay strong, work hard and follow your dreams you can achieve anything. I would like to say a big thank you to the people of Wirral for the welcome my family has received and for believing in me."*

Jeevan owns Piri Siri Mexican restaurant, located at 223 Hoylake Road in Moreton, and has re-branded and transformed the former Fajitas restaurant since taking over in October 2022. The restaurant is open 7 days a week and offers a takeaway and delivery service — with a range of Mexican classics, intriguing specials and cocktails.

Piri Siri Mexican restaurant / 223 Hoylake Road, Moreton, Wirral, CH46 0SJ / 0151 678 5899

TO BOOK A TABLE AT PIRI SIRI (XMAS DAY AVAILABLE) OR FOR DELIVERY CALL 0151 678 5899 OR VISIT WWW.PIRISIRIMEXICAN.CO.UK

Follow Piri Siri on FACEBOOK

Follow Piri Siri on INSTAGRAM

Katy Elliott
FOOD SAFETY

FOOD SAFETY SYSTEM FROM KATY ELLIOTT

All Katy's clients have achieved a 5 Food Hygiene Rating when they've followed her system*





- Over 25 years experience
- Easy to use system tailored to your business
- 100% pass rate
- Free consultation
- Environmental Health Department compliant
- Other services such as staff training, ingredients, allergies and intolerances, food labelling and nutrition, food safety audits and spot checks and money saving ideas

Book a free consultation with Katy today!
Call 07940314549 or email katy@5starfs.uk or visit www.5starfs.uk

Working long hours due to staffing shortages? Feeling stressed and tired of unreliable hospitality staff?



CHEFS BAY
HOSPITALITY

Unlock a World of Hospitality Talent with Chefs Bay

Ready for Any Assignment:
Our skilled hospitality professionals are available for immediate, short-term, or long-term assignments.

Ideal for Diverse Settings:
Perfectly suited for both lively events and intimate gastropubs.

Straightforward Booking Process:
We ensure a hassle-free experience with no hidden fees.

Renowned Excellence:
Known for our excellence in staffing, we provide outstanding service and seamless integration into your team.

Scan For a Free Consultation

Join our roster of satisfied clients and see why Chefs Bay is the go-to choice for quality hospitality staffing.

0151 440 2249

contact@chefsbay.co.uk chefsbay.co.uk

188 Liscard Road, Wallasey, CH44 5TN



FOOD & DRINK

TOP CHEF BRINGS 5 STAR SUNDAY ROASTS TO SOUTH LIVERPOOL!

A top chef has brought his '5 star' Sunday roasts to South Liverpool and they've been going down a storm! Darryn Jones shot to fame for his 'unbelievable" culinary creations at 21st Amendment in Hoylake, featuring in local and international press, and has now taken over the kitchen at Liverpool's 21st Amendment, located just off Penny Lane.



The South African developed a formidable reputation at the Wirral venue, leading to countless 5 star reviews and bookings well in advance. Darryn's creative small plates and sensational Sunday roasts led to widespread praise and he is fast developing the same kind of reputation at the sister venue on Church Road in Liverpool — with a 5 star food hygiene rating also recently received.



Darryn's new kitchen offering at 21st Amendment in South Liverpool consists of a refined small plates and mains menu Weds — Sat. There are great offers such as £10 mains on Wednesdays, 3 small plates for £16 on Thursdays, 4 small plates on a sharing board for £20 on Fridays and 2 for £10 small plates on Saturdays. Then of course there's the stunning Sunday roasts!



Darryn's Sunday roasts at 21st Amendment have been going down a storm! To start, there's Korean fried chicken, leek and cheddar croquettes or tomato, mozzarella and basil caprese salad and then a delightful offering of chicken, lamb or nut roast for the main. To finish, there's either classic chocolate brownie, Autumn Berry cheesecake or apple and blueberry crumble with burnt oat crumb.



Darryn said: *"I'm thoroughly proud to have been given the chance to take over the kitchen here. I've been working very hard over the years, working my way up from dishwasher, and it's an honour to be recognised and given this opportunity. As for the media coverage I got, that was pretty wild haha!"*



Darryn's creations in Hoylake caused that much of a stir, he was featured by The Wirral Globe, The Liverpool Echo, The Chester Standard, Liverpool Community Radio and even international press. After a tough life in South Africa, Darryn settled in the UK and has since excelled as a chef — now heading the kitchen at one of South Liverpool's coolest hangouts.



Darryn said: *"It's always been my dream to head a kitchen and I'm excited about getting 21st Amendment on Penny Lane back on the map as a quality dining venue. It's got a great reputation as a cool speakeasy bar with live music and live sport and I'm looking forward to taking it to the next level by offering excellent food. So far the feedback has been amazing!"*



The venue also has an upstairs private dining space that Darryn has been using to host ideal private parties, dining events and tailored evenings. The space is free to hire and Darryn can offer his standard menu or a tailored buffet style set up for a special occasion — anyone interested in free private dining hire can message via Facebook or Instagram to enquire.



Such is the quality of his cuisine, bookings for the festive season have been flying in too. Served throughout December, 21st Amendment is offering 2 courses for £19 or 2 courses for £24 — featuring mains such as turkey, pork belly and sea bass. The private dining space is proving to be a popular choice for special festive dining celebrations.



Darryn summarised: *"There are so many great places to dine in South Liverpool — from Lark Lane to Smithdown Road to Allerton Road. There are lots of options for people here but competition is good and it will push me even harder to achieve the same reputation as I had in Hoylake. People are loving it so far so the early signs are great!"*

Darryn Jones has taken over the kitchen at 21st Amendment on Penny Lane, offering small plates and mains Weds-Sat and '5 star' Sunday roasts. The South African chef has received countless 5 star reviews and has been featured by various media outlets for his culinary creations.

21st Amendment / Penny Lane, Liverpool, L15 9EA

TO BOOK A TABLE OR THE PRIVATE DINING SPACE UPSTAIRS MESSAGE VIA FACEBOOK INSTAGRAM OR 07763335739

Check out 21st Amendment on FACEBOOK and INSTAGRAM!



FOOD & DRINK

LANDLORD OF ICONIC WIRRAL PUB CELEBRATES 25 YEARS!

Wirral's iconic waterfront pub, The Magazine Hotel, is enjoying a momentous milestone this year, as landlord Stephen Brady celebrates 25 years at the pub. During his time at the historic New Brighton pub, he has survived two recessions, a fire, Covid and price increases whilst winning countless awards.



The Magazine Hotel is a Grade II Listed pub oozing with character and cosy little snugs. Today it offers quality home cooked food, a fine selection of beers and ales, live music, beer and cider festivals, darts and a gem of a garden to the rear. Steve started out as Head Barman in 1998 and since becoming landlord in 2012 the pub has won a whole host of awards.



Nestled away in a beautiful pocket of New Brighton on Magazine Brow overlooking the banks of The Mersey, the pub has won awards such as CAMRA'S Pub Of The Year six times and has been featured in The Good Beer Guide. One of the region's most loved pubs, its recent success is thanks to the efforts of a landlord whose passion is unrivalled.

Steve explained: *"I've just turned 50 and have now spent exactly half of my life at this pub. It has seen me as a young lad turn into a family man and there have been so many memories over the years. We have low ceilings with original beams and back in the day the rooms were filled with smoke and interesting characters — so much has changed since then although we still get some interesting characters haha!"*

He continued: *"After working here for 14 years, I took over the lease from Linda Hughes and have kept it as a traditional pub whilst taking it into the 21st Century. I've installed clear windows to see the river view, landscaped the garden, introduced award winning ales and ciders, background music, live music at weekends, mini festivals, a darts team and regular food. It really is a labour of love for me."*



Steve runs the pub alongside his partner Mary, who joined him in 2015, and the pair have formed a great team who all share the same community values and deliver excellent service. That said, under different management the pub could have easily become another victim of the squeezed hospitality industry.



Steve said: *"The Magazine Hotel is rich in history. It was built in 1759 and named so as it was used for ammunition storage during the Napoleonic Wars — there are still underground tunnels here too. It has so much character but it has been a battle to keep it alive at times. We've had so much change with different breweries, price and energy cost increases, lockdowns and even a fire but we've always adapted."*

He continued: *"The current brewery, Mitchel & Butler, has been great and they have trusted my experience — giving me lots of freedom. The good relationship has been important as running a pub is so tough these days. Our relationship with the local community is also so important and the likes of The Magazine Bowling Club, founded in 1853, helps support us year round."*



A triumph for hospitality and an inspiration to landlords in a challenging industry, it's people like Steve and pubs like The Magazine Hotel that play such an important role within our communities. With more than 32 pubs in England and Wales closing each month in 2022, The Magazine Hotel stands firm and continues to defy the odds.



Talking about the best memories and a burning question, Steve summarised: *"One of the best and busiest days was when The Three Queens ships came in 2015 — that was unbelievable! The scariest moment was the fire — it was caused by a faulty electrical wire and fortunately it just singed some of the beams before we caught it. Oh and as to the answer to your other question — yes it is haunted by a little girl."*



Stephen Brady is celebrating 25 years at New Brighton's iconic waterfront pub, The Magazine Hotel. The multi-award winning pub on the banks of The Mersey offers quality home cooked food, a fine selection of beers and ales, live music, beer and cider festivals, darts and a gem of a garden to the rear.

The Magazine Hotel / 7 Magazine Brow, New Brighton, CH45 1HP / 0151 630 3169

TO BOOK A TABLE FOR FOOD CALL 0151 630 3169 OR MESSAGE ON FACEBOOK

Check out The Magazine Hotel Website at www.the-magazine-hotel.co.uk

Check out The Magazine Hotel on FACEBOOK!



FOOD & DRINK

LEGENDARY WIRRAL CAFE BAR RE-OPENS

Wirral's most loved café bar, Slinky's, has re-opened after a 5 year hiatus! West Kirby's iconic institution, located on Banks Road, was responsible for so many memories and friendships between 2002 and 2018 and is now back by popular demand — with people saying the town 'hasn't been the same without it'.



The super cool hangout re-opened in July 2023, to much excitement of locals who have dearly missed the legendary venue. The new-look Slinky's is even bigger and better than before — with sumptuous decor, an open plan yet warm layout and the same cracking atmosphere that it has always been loved for.



Slinky's is dog friendly and open 7 days a week, as a cool coffee shop in the day, a vibrant bar at night and always with a cracking playlist. In the daytime you'll find quality coffee, Born To Bake cake, bites, hot sandwiches, soups, sausage rolls, pork pies and more. It's the ideal place for a catch up with friends!



There's a Happy Hour from 4pm–7pm Mon–Thurs and in the evening you'll find premium drinks from Glen Affric and Brimstage Brewery craft ales to fine wines. The 2023 version of Slinky's now has live sport and a quiz night every Wednesday. There's Tapas Thursdays every Thursday evening in collaboration with The Nook and you'll find occasional acoustic evenings and events from DJ nights to mini art exhibitions.



Owner Simon Hughes said: *"Re-opening Slinky's has made me realise how much people have missed it these past 5 years. The reception has been overwhelming and it has been amazing to see old faces and new coming in to enjoy the new look of the place. It was a big refurbishment to get it back open but it's looking stunning and the feedback has been incredible."*

He continued: *"The place looks great but the key thing was to re-capture the same priceless atmosphere and vibe that the*

previous Slinky's had. So many people have such fond memories of Slinky's and it was important for me to try to re-create that magic — that feeling of a Cheers bar and a community hub that brings people together."



The plan certainly seems to have worked — with a vibrant and bustling atmosphere inside and the renowned front terrace that has been the meeting place for countless catch ups between friends. Now established for a few months, Simon is planning to evolve the offerings and introduce cheese and charcuterie boards, a new cocktail menu and more events.



Simon explained: *"Slinky's is back and back to stay. It's been a great first few months and now we've got ourselves re-established in West Kirby we'll be looking at developing things and offering more going forward. I've come to realise that Slinky's is much more than just a cafe bar — it's an institution that people love dearly. I'm going to honour that by making it the best it can be."*



True to its community ethos and reputation, the aesthetically pleasing and warm venue is available for FREE VENUE HIRE to the community (terms apply). A West Kirby gem that's been brought back to life, Slinky's is once again the place to be in the seaside town and a place of memories, friendships and magic.

Simon summarised: *"It's been really heart-warming to see people enjoying this place again, although it's not just been people from West Kirby. Like the old Slinky's, we've had people travelling from far and wide to come and soak up the atmosphere in here. We need friendly meeting places like this in the community — it's so important."*



Wirral's most loved café bar, Slinky's, has re-opened after a 5 year hiatus! West Kirby's iconic institution, located on Banks Road, was responsible for so many memories and friendships between 2002 and 2018 and is now back by popular demand — with people saying the town 'hasn't been the same without it'.

Slinky's Cafe Bar / 84 Banks Road, West Kirby, Wirral, CH48 0RE / 0151 625 6711

FOR FREE VENUE HIRE OF SLINKY'S CALL 01244 267812, MESSAGE ON FACEBOOK OR EMAIL slinkys.cafe@gmail.com

Follow Slinky's on FACEBOOK and INSTAGRAM

THE GOOD HOOD

BURGERS • PIZZA • COCKTAILS • VEGAN

NEW MENU LAUNCH!

SCAN THE QR TO TAKE A LOOK!

22 BANKS ROADS WEST KIRBY CH48 0RD I 3 GROSVENOR ROAD NEW BRIGHTON CH45 2LW



BURGER MON
BURGER + FRIES
+ COCKTAIL
£15.00



GRAB A BARGAIN



NACHO TUE
FREE CHEESE
NACHOS ON US
1 PER TABLE OF 4

WINE WED
BOTTLE OF
HOUSE WINE
£10.00





COCKTAIL THU
ANY COCKTAIL
2 FOR £10

KIDS SUN
KIDS EAT FREE
WITH EVERY ADULT
MEAL PURCHASED



STANLEY'S CASK

WIRRAL'S NO.1 LIVE MUSIC PUB

THE GOOD BEER GUIDE 2024

Multi Award Winning Pub as featured in The Good Beer Guide

DECEMBER

Fri 1st, The Vinyls (9.30)
Sat 2nd, Beautiful Scoundrels (9.30)
Sun 3rd, Dr Strangelove (6.30)
Fri 8th, The Undertakers (9.30)
Sat 9th, The Spacies (9.30)
Sun 10th, John Walliss (6.30)
Fri 15th, Red Rock (9.30)
Sat 16th, The Bootleg Police (9.30)
Sun 17th, Mule Train (6.30)
Fri 22nd, Amazing Kappa Band (9.30)
Sat 23rd, Roadhog (9.30)
Sun 24th, (Christmas Eve) The Klubbs (9.30)
Fri 29th, The Bite (9.30)
Sat 30th, Dr Strangelove (9.30)
Sun 31st, (NYE) TheBand-its (9.30)

JANUARY

Fri 5th, The Mysterons (9.30)
Sat 6th, Acme Soul Co (9.30)
Sun 7th, Stolen Property (6.30)
Fri 12th, Jonny and The Radars (9.30)
Sat 13th, The Oil Chickens (9.30)
Sun 14th, Marrakesh (6.30)
Fri 19th, Amazing Kappa Band (9.30)
Sat 20th, The Klubbs (9.30)
Sun 21st, The Loving Cup (6.30)
Fri 26th, Sandraiser (9.30)
Sat 27th, The Vinyls (9.30)
Sun 28th, Mule Train (6.30)

FEBRUARY

Fri 2nd, The Band-its (9.30)
Sat 3rd, Sonic Cult (9.30)
Sun 4th, Vintage 3 (6.30)
Fri 9th, Free Spirit (9.30)
Sat 10th, Beautiful Scoundrels (9.30)
Sun 11th, The Undertakers (6.30)
Fri 16th, Old School (9.30)
Sat 17th, The Swillers (9.30)
Sun 18th, Freehand (6.30)
Fri 23rd, Red Rock (9.30)
Sat 24th, The Mysterons (9.30)
Sun 25th, Mule Train (6.30)

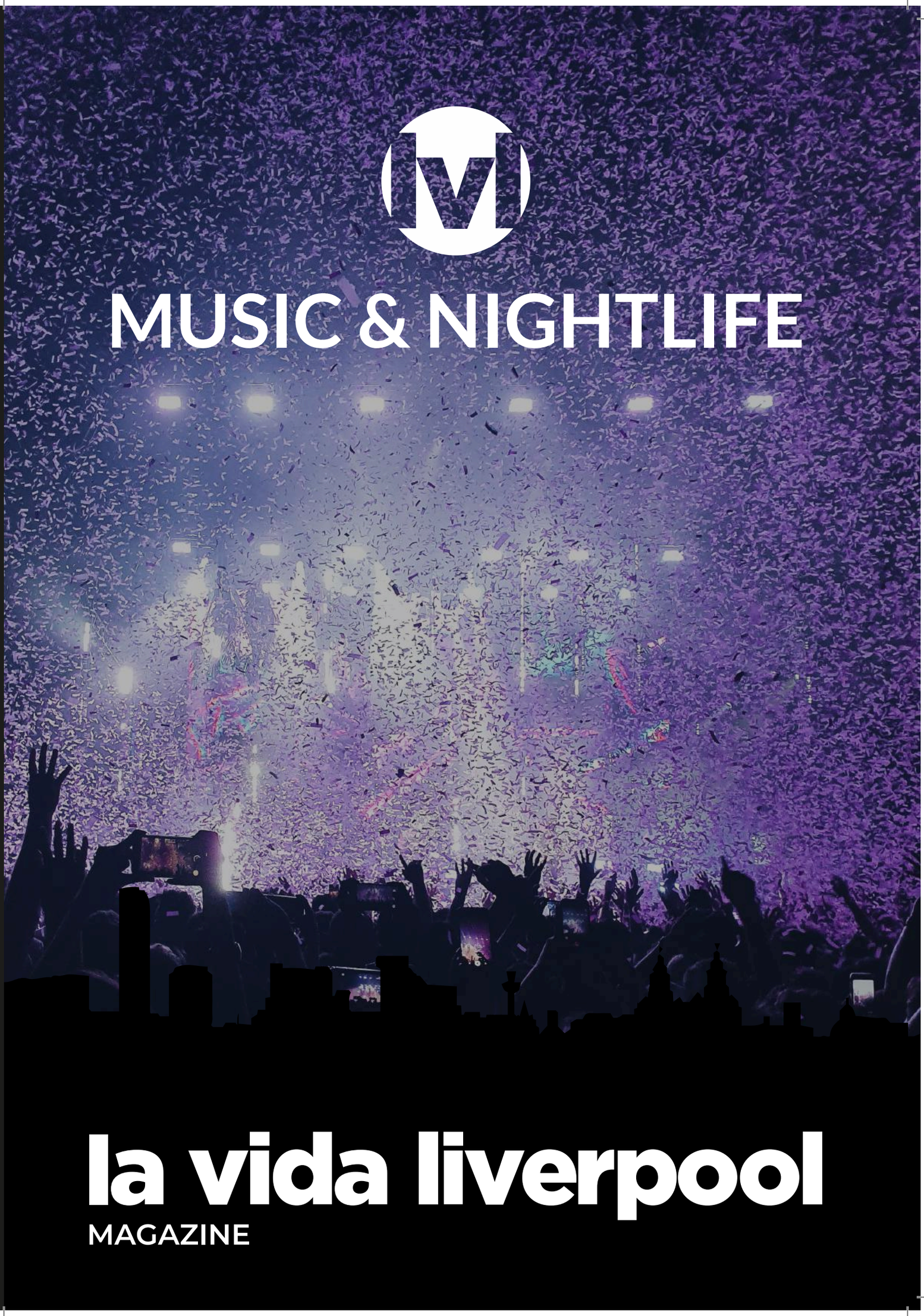
QUIZ NIGHTS ON THURSDAYS, 9.30PM

LIVE SPORT

sky sports TNT SPORTS

212 Rake Lane, Wallasey, CH45 1JP
0151 691 1093

take care with every **thought**, **word** and **action**. they are all **energy** and the universe is always watching.



MUSIC & NIGHTLIFE

la vida liverpool

MAGAZINE



MUSIC & NIGHTLIFE

LA VIDA EXCLUSIVE WITH CLEM BURKE AHEAD OF LIVERPOOL GIG!

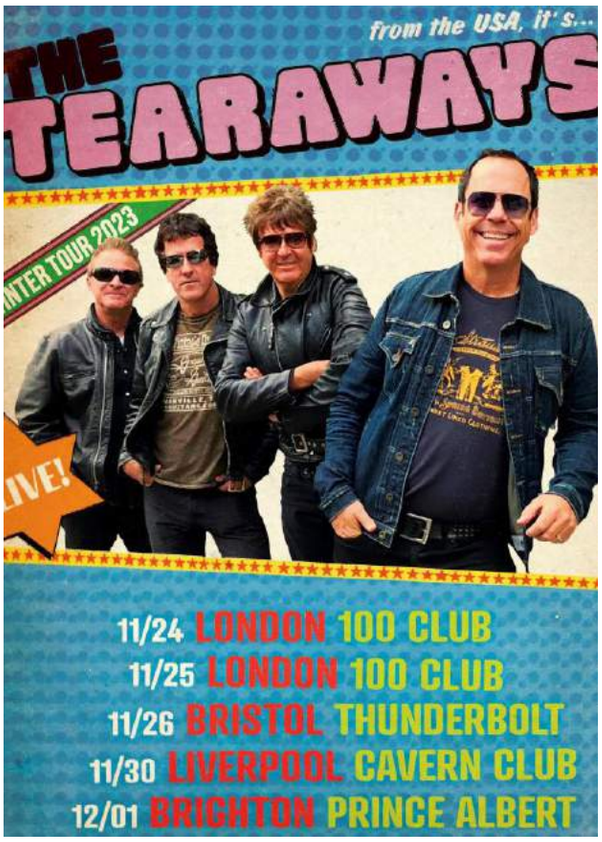
We recently had the pleasure of interviewing legendary drummer Clem Burke ahead of his huge Cavern Club gig with The Tearaways on Thursday 30th November. Widely regarded as one of the best drummers of all time, his eye-watering career has seen his achieve success of the highest order with Blondie, whilst also performing with The Ramones, David Bowie, Bob Dylan and Iggy Pop to name a few.

A true force of nature, Clem effortlessly embarks upon multiple projects and side projects — from receiving honorary doctorates for his research on the physical and mental-health benefits of drumming to performing in multiple bands at the same time. We talked to him about The Tearaways, returning to Liverpool and his illustrious career....



LVL: First of all, how are you and what have you been up to?

CLEM: *I've just arrived in Liverpool after doing a gig in Bristol with The Tearaways, seeing my friend Fred Armisen perform in Brighton as part of his UK tour and then London. I travelled with my mates Andy and Debbie Harris who have a band called Bootleg Blondie and we're in the middle of creating a big rock opera with 40 songs called The Big Smoke.*



LVL: So, you're playing at the iconic Cavern Club with The Tearaways this Thursday. What can we expect on the night?

CLEM: *We'll be showcasing our latest album called For Our Next Trick that we produced with our friend Ed Stasium in LA. He's worked with everyone from The Ramones to Talking Heads. If you've not heard us, we're influenced by music of the 60s — The Beatles, The Stones, The Hollies, The Beach Boys.*

LVL: When was the last time you played here in Liverpool? Have you played The Cavern Club before?

CLEM: *The last time I was here was at The Cavern Club with a group called Lust For*

Life that's a homage to the music of Iggy Pop with Katie Puckrik as the frontwoman. Myself, Kevin Armstrong and Glen Matlock from the band have all worked with Iggy. We're playing again at The Cavern Club next year actually. And then of course I did the M&S Bank Arena with Blondie a couple of years ago.



LVL: How have you found the city during your times here? Any stories from your visits here?

CLEM: *It's a great city. In fact, it's thanks to Liverpool that I ended up joining The Tearaways. They were performing at Liverpool Beatle Week and needed a drummer so asked me to join them for the gigs — we played at The Cavern Club and The Adelphi. We're all huge Beatles fans and it's great to be back here with them.*

LVL: How much of an influence has The Beatles been for you, particularly Ringo as a drummer?

CLEM: *Seeing The Beatles on The Ed Sullivan show in the U.S as a kid was incredible — after that television performance the world changed for them and many people. I was about 10 years old and my world changed too. The Beatles made us Americans remember the great rock and roll from the 50s such as Little Richard and so many American musicians were inspired by The Beatles. Similar to what The Stones did, bringing back the likes of Muddy Waters.*

As for Ringo, he is one of the greatest rock and roll drummers of all time and again he is an example of taking the sounds of classic session musicians such as Hal Blaine and making it his own. In turn, he has inspired the likes of Max Weinberg of Bruce Springsteen's E Street Band and Dave Grohl. The list goes on and on — Ringo is just the greatest.

LVL: Looking back on your career are there any favourite gigs, memories and moments?

CLEM: *There are so many such as playing at The Reichstag outside The Berlin Wall. The opening acts were Tina Turner and Joe Cocker. It was a massive concert and then the wall came down afterwards. The Cavern Club is always so special of course. Working with people such as Bob Dylan and Pete Townshend. Too many to mention.*



LVL: What other projects do you have going on at the moment other than Blondie and The Tearaways and what are your plans for 2024?

CLEM: *I have several projects. I have a book of memoires coming out, I know that's a little cliche as everyone seems to have a book. It's being published by Collins in the UK and it's coming out this time next year. There's the Rock Opera called The Big Smoke I mentioned with Bootleg Blondie. There's be more Lust For Life gigs next year. Blondie will also be back in the UK next year in June and when our album is released.*

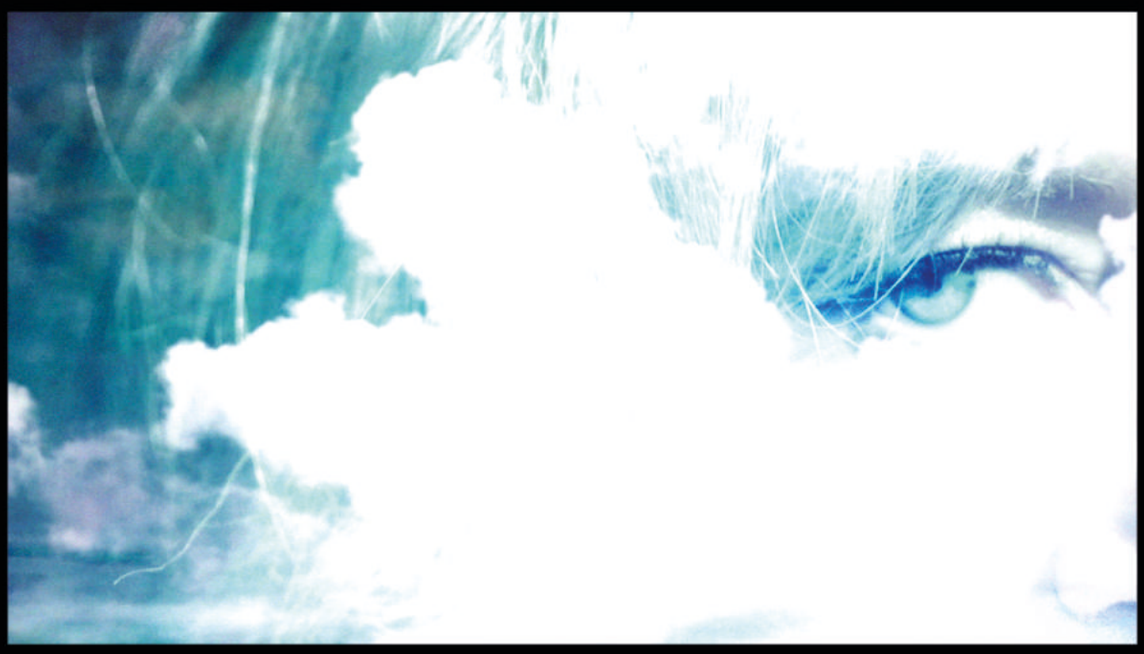
I've also been heavily involved in The Clem Burke Drumming Project which is the study of the mental and physical aspects of drumming and what it takes. I've been honoured to received two doctorates, one from Gloucestershire University and one from Chichester University. There are many people involved now and the project goes into schools to work with kids with autism.

The Tearaways / The Cavern Club, Liverpool, Thurs 30th Nov, 7.30pm

FOR TICKETS TO THE TEARAWAYS CAVERN CLUB SCAN THE QR CODE.

evol presents

LADYTRON



FRIDAY 26 JANUARY 2024

MANCHESTER • NEW CENTURY HALL

See • Ticketweb • Dice

NEW CENTURY

An EVOL & SJM Concerts presentation by arrangement with International Talent Booking

RED RUM CLUB

BUY EVOL TICKETS HERE

bitly

FRIDAY 5TH APRIL 2024

M&S BANK ARENA LIVERPOOL

Tickets & Album Bundles Seetickets.com

evol

S.J.M. CONCERTS

MODERN SKY

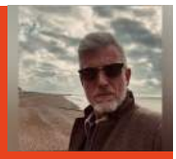
M&S BANK ARENA LIVERPOOL

SCAN QR CODE FOR ALL UPCOMING GIGS →

MUSIC & NIGHTLIFE

LIVERPOOL ENTERTAINMENT MUSIC AND ARTS NETWORK

LEMAN: "Tunesday" Thomas Joseph Mealey, James O'Donnell, Liam Sweeney.



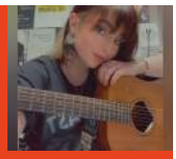
Tue 5th Dec 2024 at 7:00pm
Prohibition Recording Studios

LEMAN: "Tunesday" John Witherspoon, Gilly Fm, Tom George.



Tue 6th Feb 2024 at 7:00pm
Prohibition Recording Studios

LEMAN: "Tunesday" Shannon Gillespie, Zara Smile plus 1 more tbc



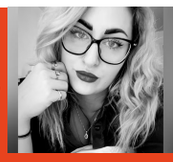
Tue 5th Mar 2024 at 7:00pm
Prohibition Recording Studios

LEMAN: "Tunesday" Mark Sebastian D'Lacey, KIT, Alexander Hulme.



Tue 2nd Apr 2024 at 7:00pm
Prohibition Recording Studios

LEMAN: "Tunesday" Headline TBC, Ffion Davies, Fryo.



Tue 4th Jun 2024 at 7:00pm
Prohibition Recording Studios

LEMAN: The Living Brain, Absolute Gift + Support TBC



Sat 13th Jul 2024 at 7:00pm
The Bakery, Liverpool

Scan the QR code to follow LEMAN on Fatsoma and to view upcoming events - these listings are updated regularly →



MUSIC & NIGHTLIFE

‘LIVIN LA VIDA LIVERPOOL’ CHARITY SINGLE LAUNCH FOR PETE THE BUSKER!

On Tuesday 21st November 2023, a huge charity single launch took place at Liverpool’s iconic Cavern Club. Livin’ La Vida Liverpool is the hilarious creation of La Vida Liverpool magazine owner Justin Hopper and high energy Latin party band, Los Amigos — with the music video expertly filmed by Eliot Murphy.

The charity single launch night was in aid of the legendary Mr Old Hall Street and his great work helping the Liverpool homeless and was hosted in memory of Busker Pete, who sadly passed away recently. Pete starred in the Livin La Vida Liverpool music video just a couple of months before he passed and the night was a tribute to Pete, whilst raising money for the vital work of his close friend, Mr Old Hall Street.



On the night, kindly hosted for free by The Cavern Club, there was a premiere screening of the music video, a live set from Los Amigos themselves, a powerful poem from Bobby Parry, hilarious comedy from Gary Skyner, talks from all involved in the project with special guest speakers, a huge charity raffle and more. The night was lots of fun, whilst raising money for the homeless prior to the winter.

Thanks to the efforts of La Vida Liverpool, Los Amigos and everyone involved in the project, the night raised over £1,500 for Mr. Old Hall Street and the Liverpool homeless — a triumph for community spirit and the good people of Liverpool. What started out as a fun passion project turned into a top single launch night for a fantastic cause.



La Vida Liverpool owner Justin Hopper said: *“Originally, the song was just a fun collaboration between La Vida Liverpool and Los Amigos, who are the best Latin party band around, and filmed by the incredible talented Eliot Murphy. Busker Pete starred in the music video but he sadly passed a couple of months after filming — so that’s when we thought about doing something in his memory for the homeless.”*

He continued: *“Mr. Old Hall Street supplied Pete with his colourful outfits and was good friends with him so it was very fitting to make this a charity single launch for them both. The night was incredible and it was a great effort all round — with over 100 people in The Cavern Club on a Tuesday night. Huge thanks to The Cavern Club, everyone who performed, attended, donated raffle prizes and supported the project.”*





Following the premiere of the music video, Los Amigos graced us with one of their fabulous high energy live performances that have endeared them to audiences far and wide. Their unique style of a frontman from Kuwait, two Italians and a lad from Birkenhead fusing Latino and English classics with their own twist, they certainly know how to put on a show!



Brian Phillips, aka Mr. Old Hall Street, said: *"On behalf of all my homeless brothers and sisters, I'd like to thank everyone for putting this night together. As everyone knows, I was once homeless but now I dedicate my life to helping the homeless of our city. Unfortunately, the situation is getting worse and there are more deaths happening. It will be even worse this winter so this fundraiser has come at the right time."*

Meanwhile, Peter Mickle's family stated: *"We just wanted to say how much we all enjoyed last night. Seeing Peter in the video was great and Gary Skyner was hilarious. We can't thank you all enough for putting on a great night in our Peter's memory. It's amazing what you all do for the homeless. You're all heroes!"*



Livin' La Vida Liverpool is a charity single in memory of the late Liverpool busker, Peter Mickle, that raised over £1,500 for Mr. Old Hall Street and the Liverpool homeless. The song is the creation of La Vida Liverpool magazine owner Justin Hopper and Latin party band, Los Amigos — filmed by EMPRA aka Eliot Murphy.

SCAN THE QR CODE TO WATCH THE MUSIC VIDEO! →

TO BOOK LATIN PARTY BAND LOS AMIGOS FOR YOUR PARTY WHATSAPP 07745962903

la vida liverpool
MAGAZINE

To become part of the positive news revolution call 0151 318 6555, WhatsApp 07445686648 or email lavidaliverpool@gmail.com



MUSIC & NIGHTLIFE

LA VIDA HOSTS LIVERPOOL INDEPENDENT MUSIC CONFERENCE!

In July 2023, La Vida Liverpool magazine hosted a Liverpool Independent Music Conference at Round The Corner in The Fabric District. The event was a fantastic showcase of some of the best music artists in the region alongside fascinating talks from industry leaders. Here's a lowdown of the event with photography from Alanah Pitts of The Dark Zoom Media....

Round The Corner



We hosted the event at Round The Corner — a gem of a venue off the beaten track that does great things to support the local independent music scene. Featured by The Liverpool Echo and The Guardian, Round The Corner is a hub of creativity and talent — supporting grass roots music and nurturing local talent whilst attracting international artists.

FOR WHAT'S ON VISIT ROUNDTHECORNERLIVERPOOL.CO.UK TO ENQUIRE ABOUT PERFORMING OR USING THE SPACE SCAN THE QR CODE.

Daisy Gill



First up was Daisy Gill — a supremely talented artist with a powerful voice, hard hitting lyrics and a graceful presence on stage. With her vintage style and sheer class, the singer songwriter blew us away with her vocals — akin to Amy Winehouse or Etta James — and she has since been selected for The Voice UK, choosing the legendary Tom Jones as her coach!

FOLLOW DAISY GILL ON FACEBOOK AND INSTAGRAM!

Miles Temp



Following Daisy we had the absolute pleasure of witnessing one of the most exciting emerging talents of recent times. Remember the name, as 16-year-old Miles Temp is destined for stardom and goosebumps were felt all round due to his emphatic vocals — hitting all the notes! A profound singer songwriter way ahead of his years — watch this space!

FOLLOW MILES TEMP ON FACEBOOK AND INSTAGRAM!

Gary Cook



Miles was followed by his father, Gary — a Music Production Teacher at City Of Liverpool College. A seasoned musician, producer as Kooky & Damoon, freelancer for Sound City and music production educator, we enjoyed a Q&A with Gary about his career and the technical side of music.

FOR MORE ON MUSIC PRODUCTION AT THE CITY OF LIVERPOOL COLLEGE SCAN THE QR CODE!

Ambedo Blue



It was time for some more live music — courtesy of New Brighton's Indie foursome Ambedo Blue. EVOL favourites who have performed on some pretty heavy bills, their catchy tracks such as 'You've Got It All' have had them likened to The Arctic Monkeys and they have enjoyed coverage from BBC Music Introducing. A class act!

FOLLOW AMBEDO BLUE ON FACEBOOK AND INSTAGRAM!

Duncan Lewis



After Gary's Q&A, we enjoyed an intriguing one from Duncan Lewis — a Lecturer in Music Business at SAE Institute. We took a deep dive into the music industry, whilst learning about his 30 year career working as an artist and band Manager, tour management and songwriting retreat organiser. Fascinating stuff!

FOR MORE ON COURSES AT SAE INSTITUTE SCAN THE QR CODE

Revo Ziganda



Next up was a Q&A with Mr. EVOL himself, Revo Ziganda. Having been one of the region's leading promoters for over 20 years, Revo has worked wonders for local artists — showcasing them alongside top acts such as Arctic Monkeys, Jarvis Cocker, Fontaines DC and many more. An intriguing insight into gig promoting from a key player in the local music scene.

KEEP UP TO DATE WITH EVOL GIGS ON FACEBOOK AND INSTAGRAM!

CONTINUED ON THE NEXT PAGE →

Modern Marriage



Following Revo, the venue erupted with a set from Modern Marriage — a formidable 3 piece band who have developed a cult-like following and who have smashed it at The Cavern Club, Jimmy's and Zanzibar. Having recently supported Apollo Junction, Ben, Lewis and Danny are something seriously special and took the event by storm with their quirky punk rock energy!

FOLLOW MODERN MARRIAGE ON FACEBOOK AND INSTAGRAM!

Headfeeder



Formerly known as Razzmatazz, Will, Jamie, Ben and Milo are the fab four that form Headfeeder — an enigmatic force of nature that has set the local music scene alight with their high energy performances. We were treated to just that for the final performance of the evening and having now been taken on by Space's Manager, Mark Cowley, you can expect some huge things from these guys coming soon!

FOLLOW HEADFEEDER ON FACEBOOK AND INSTAGRAM!

Mark Cowley



An on-stage talk with Mark Cowley was always going to be enlightening — a man with vast experience as an Artist Manager, record label owner, publishing company owner and record manufacturing plant owner. Mark has made records for Madonna, Prince and Guns N Roses, has recorded The Farm and Space and has worked with the likes of Iggy Pop, The Petshop Boys and Happy Mondays. An education indeed!

FOLLOW MARK'S HUG RECORDS AT WWW.HUGRECORDS.CO.UK

Our local music scene rocks!



It was an honour to host this fantastic event and to bring together such eye-watering talent in one room. We truly are blessed with such incredible talent in Merseyside — if you're looking for some education then follow the guest speakers above and if you're looking for a new artist to follow keep a close eye on the ones that played!

FOR EVENT PHOTOGRAPHY MESSAGE ALANAH FROM THE DARK ZOOM MEDIA ON INSTAGRAM!

SCAN THE QR CODE TO VISIT DARK ZOOM MEDIA →

THE CAPSTONE

LIVERPOOL HOPE UNIVERSITY
1844

Liverpool International Jazz Festival

Tommy Smith & Gwilym Simcock
David Helbock Austrian Syndicate
Attuned Quartet
Yolanda Charles Project pH Instra-Mentals
Denys Baptiste: Late Trane

22 Feb - 25 Feb 2024



Festival tickets and tickets to individual events available

For full details and box office please visit:
www.thecapstonetheatre.com/jazzfestival/



MUSIC & NIGHTLIFE

QUIRKY NEW BRIGHTON GEM CELEBRATES 1ST BIRTHDAY

Quirky New Brighton Jazz & Hi-Fi bar, Tallulah's Emporium, is celebrating its first birthday — having established itself as one of the coolest hangouts in Wirral. Located on the corner of Victoria Road, the eccentric venue has fast become a favourite amongst music afficionado's and lovers of all things artisan, vintage and chic.



Tallulah's features a vintage JBL Hi Fi system, stacks of vinyl, live jazz and speciality whisky and cocktail menus. In just a year they have developed a hugely popular Northern Soul night and live jazz and blues — bringing the best musicians from the North West and beyond 3 nights a week — and at weekends they have DJ nights spinning soul-tastic disco, soul, rare groove and funk — strictly vinyl of course!



With speciality cheese and charcuterie boards, fine wine, cocktails, a dedicated Old Fashioned menu and locally made artisan products for sale — it's one for the connoisseurs for sure! With its decadent decor and laid back vibe, there's no place quite like Tallulah's!



On Sundays from 6pm you will often find gypsy jazz courtesy of local legends Modjango and Bossanova vibes from Bella Bossa. Whenever there isn't live music on at Tallulah's you'll hear the crackle of the vinyl playing carefully curated vintage sounds from the likes of Gill Scott Heron to Dizzy Gillespie.

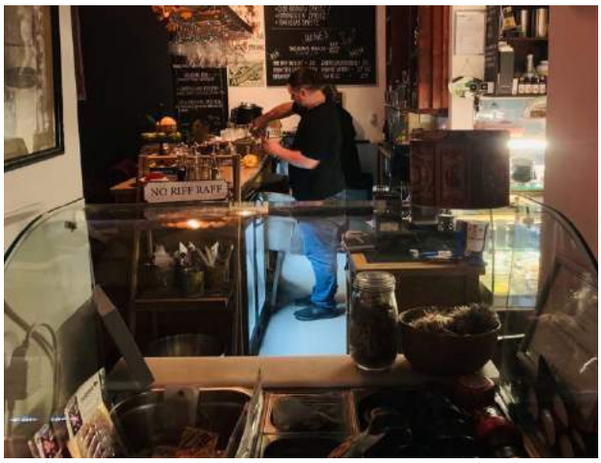


Co-Owner Wayne Saunders said: *"It's been a fantastic first year and we've certainly brought something different to Victoria Road. It's a cracking little area now, with wonderful street art and great places to eat and drink — we've created a relaxed, intimate environment surrounded by vinyl, an analogue space for conversation and listening in an increasingly hectic and digital world. It's a little bit retro, chic and unique — it's like stepping into another world."*



Wayne opened Tallulah's Emporium in December 2022 with Claire several years after the old Tallulah's closed down. The pair have a wealth of experience between them — with Wayne having ran the legendary Prince Of Wales in Brixton and Claire having been a stalwart of the Liverpool Club scene. It's safe to say they know how to run a venue.

Wayne explained: *"I moved to London for university in 1991 and ended up putting on raves, running the Comedy Cafe in Shoreditch, starting Brixton Disco Festival and then of course The Prince Of Wales. It was all amazing and I got to work with the likes of Micky Flanagan, Greg Wilson, Giles Peterson, Norman Jay and Craig Charles. Then Covid happened and ruined everything so I decided to return home with my family."*



Wayne's decision to move back to Wirral resulted in him teaming up with Claire — a legend of the local music scene who has done it all in clubland. The pair have revived Tallulah's — a charismatic old venue — and created a new version that's become a go-to destination for those searching for a quality and alternative experience.



Wayne summarised: *"We definitely fill a gap and do things differently. There's always such a great vibe in here and luckily our customers seem to enjoy our decor and music. We work with some incredible local musicians to host free events and with quality local suppliers — it all comes together really nicely to create a really unique venue. It's been an amazing first year of Tallulah's and we're looking forward to many more."*



Quirky New Brighton gem, Tallulah's Emporium, is celebrating its first birthday — having established itself as one of the coolest hangouts in Wirral. Located on the corner of Victoria Road, the venue is open Weds-Sun from 3pm until late — with free live music every evening.

Tallulah's Emporium / 122 Victoria Road, New Brighton, Wirral, CH45 9LD / 0330 024 8362

FOR WHAT'S ON FOLLOW TALLULAH'S ON FACEBOOK





Available as solos OR a two in one show!

For enquiries email 2 Knights 2 Remember on
userth8550@aol.com or neiltudor@outlook.com www.thesoundofeltonjohn.co.uk

HAPPY MEMORIES

Entertainment Afternoons ★★★★★

- Great live entertainment, bingo, raffles, dance, food
- Top acts such as Pauline Daniels, Ricky Tomlinson, Asa Murphy, Randy King, Louise Rogan and many others
- Just £5 to attend with bingo and raffle optional
- Don't stay home alone
- Monthly events at various venues throughout Liverpool: Mount Carmel, Woodlands, St. Cyril's, Old Swan O.S.C, Woolton Village Hall, Broadway Country Club, The Railway Club Aintree and MCA Club Maghull



For more info contact Peter on 07790 12885 or bowyer01@aol.com or Ted on 07941 473318 or ted.williams@live.co.uk

JIVE TEDDY MODERN JIVE

Become part of Liverpool's thriving modern jive scene!

- Class nights every Monday at The Railway Club, Melling Road, Aintree, L9 0LQ from 7.45pm for just £7 per class
- All levels of dancers welcome -- from beginner to expert
- Huge regular freestyle events and weekends away
- Become part of Liverpool's thriving and ever-growing modern jive scene
- No partner needed, no experience needed, just turn up and learn to dance
- Get fitter, get happier, get lots more friends



For more info call Jive Teddy on 07941 473318 or email ted.williams@live.co.uk



MUSIC & NIGHTLIFE

FREE VENUE HIRE AT FABULOUS FLORAL GEM!

A gem of a venue in Wirral is offering free hire for special occasions! Popsy's is a floral themed and fully licensed coffee shop, bistro and events space located just off Hoylake promenade and is the ideal venue for a wedding party, birthday, baby shower or a beautiful bespoke event for up to 300 people.



Popsy's offers a gorgeous 60 seater bistro with flowers and vibrant decor. It also offers two adjacent events spaces that are perfect for further dining, live entertainment, dancing or whatever your event requires. There's an outside garden and Hoylake promenade is right on the doorstep.



Events at Popsy's are very much bespoke — with packages available for cold and hot buffets or even full meal catering via award winning local restaurant partners. A fully licensed bar is provided — offering beers, wines, spirits, prosecco and cocktails — in addition to all the bistro's regular delights such as their own homemade celebration cakes.



Popsy's bistro and the two large events spaces are ready made for a special celebration — having already hosted many wonderful events during the past 5 years. Few venues can offer a beautifully decorated bistro and two large spaces that can become whatever you wish — whilst situated in an idyllic location on the coast.



As a day-to-day business, Popsy's is open 7 days a week and is a much loved bistro that offers breakfast, lunch, quality coffee and adorable afternoon teas. Whether it's a catch up with friends, a cute date or a treat for someone special, it's always a special experience at Popsy's!



A true gem, Popsy's is the co-creation of husband and wife team John and Terri Beckett. Affectionately named after Terri's late father, the concept was designed to offer a space where magical memories are made — using flowers, colour and light to raise spirits and bring smiles.



Terri said: *"On a daily basis we see so many special moments and people enjoying our space and it's so heartwarming as that's exactly what we set out to do. Events here are particularly special though and we're really proud to have hosted amazing occasions — from 18ths to 80ths and from engagement parties to weddings."*

She continued: *"The floral themed bistro is exactly as it is, although it can be enhanced with balloons or whatever decorations you wish. The two events spaces are completely blank canvases so can become whatever you want — one of the rooms has a projector for presentations too. We work with fantastic local musicians, DJs, restaurants and suppliers — so can create whatever you desire."*



With a background in funerals and event planning, Terri will be your personal party planner and will ensure your event is exactly as you wish. Whether it's an intimate gathering for a surprise birthday with a buffet and drinks or a large wedding party with full catering and entertainment, Popsy's is the perfect picturesque choice!



Popsy's is a floral themed and fully licensed coffee shop, bistro and events space located just off Hoylake promenade and is the ideal venue for a wedding party, birthday, baby shower or a beautiful bespoke event for up to 300 people. Popsy's offers free venue hire with food, drink and entertainment packages available.



Popsy's / Hoylake Community Centre, 31 Hoyle Road, Hoylake, CH47 3AG

TO ENQUIRE ABOUT FREE VENUE HIRE (TERMS APPLY FOR SMALLER GROUPS) MESSAGE OR CALL 07584 071925 OR EMAIL popsysbistro@gmail.com

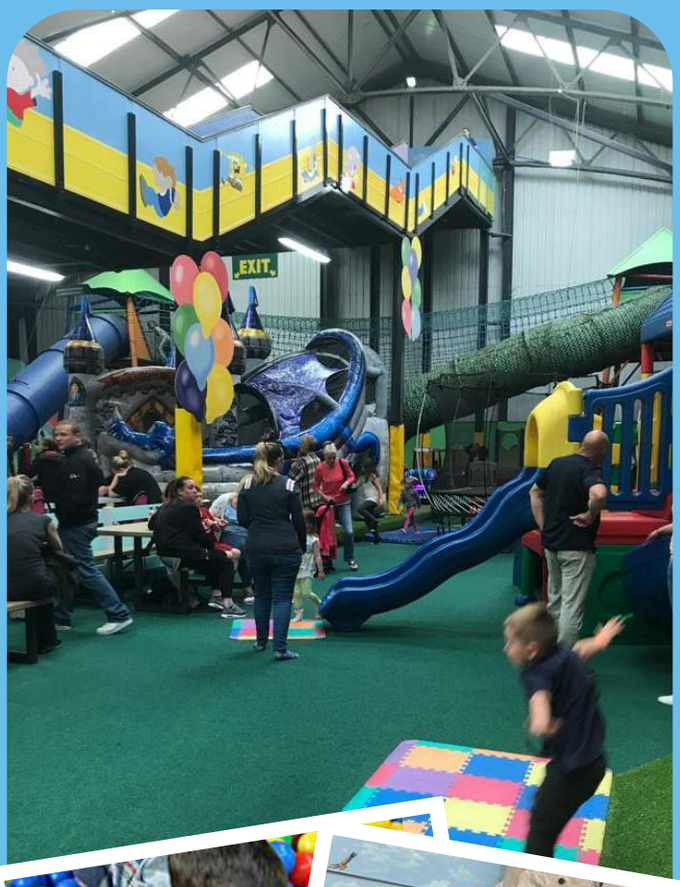
Follow Popsy's on FACEBOOK

Follow Popsy's on INSTAGRAM

WILKIE

Purveyors of merriment since 1912

A BIRTHDAY TO REMEMBER IN ADVENTURELAND!





- Merseyside's legendary and longest standing children's party centre
- Children's parties from £12.50 per child
- Party room with food, drink and use of all attractions
- Private hire of entire Adventureland centre for just £250
- Quote LAVIDA for a 10% discount

FOR BOOKINGS VISIT WILKIELEISUREGROUP.CO.UK

New Palace & Adventureland Family Entertainment Centre



Marine Promenade
New Brighton
Wallasey
CH45 2JX

Tel: 0151 639 6041

VR HERE

The North West's highest rated virtual reality centre!





- Over 600 5-star reviews from our satisfied customers
- The world's first ever virtual reality Liverpool rollercoaster
- Perfect for parties - get exclusive access to all our attractions for your group
- Hire our unique mobile VR trailer for your special events
- Perfect for dates or group bookings
- One of the coolest things to do in the city -- ranked 2nd on Google

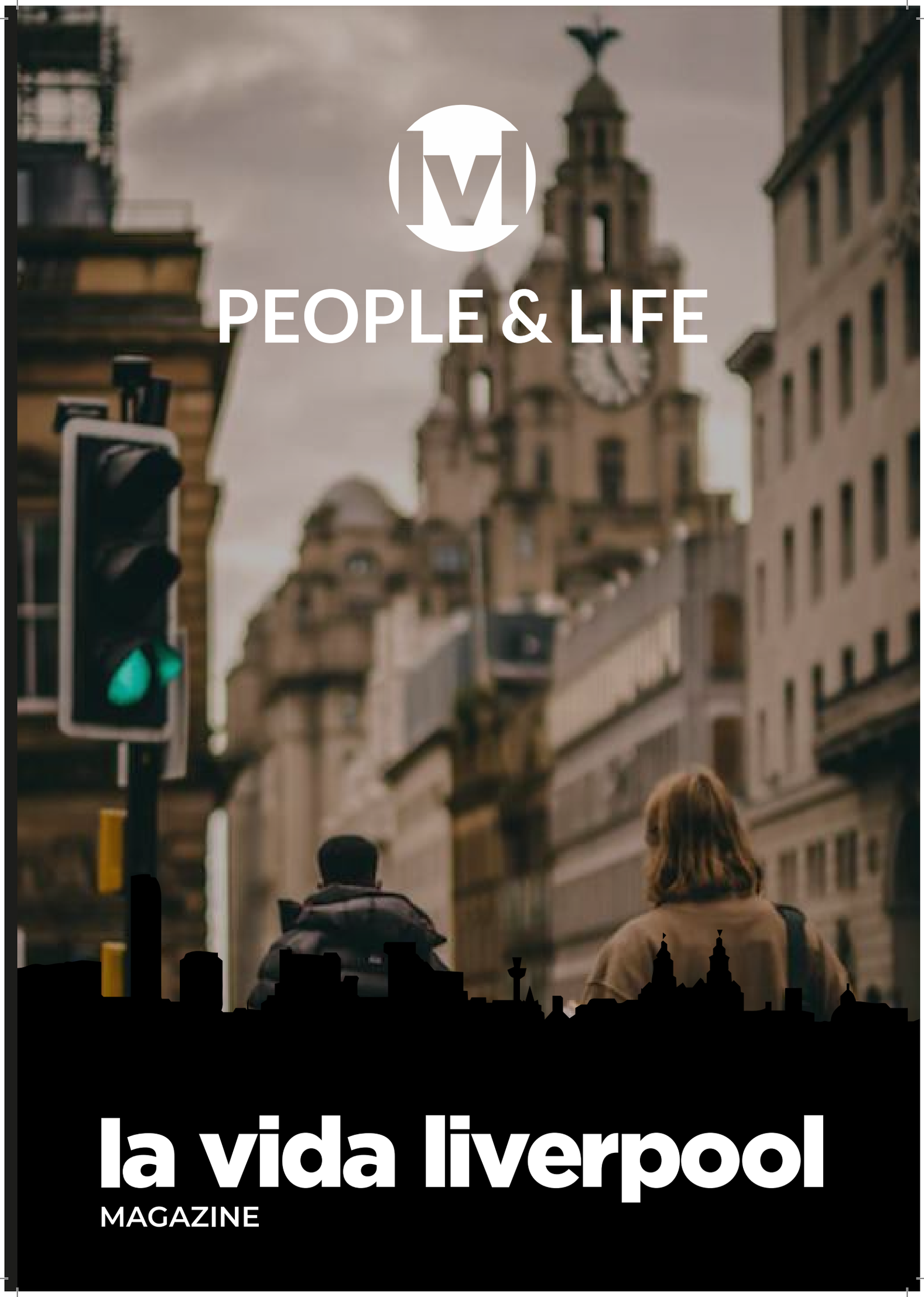




VR HERE / 31 Paul St, Liverpool L3 6DX / 0151 528 6486

To book and get 5% off with La Vida Liverpool call 0151 528 6486 and quote LA VIDA LIVERPOOL or visit www.vr-here.co.uk!

the media has the power to make the **innocent guilty** and the **guilty innocent**. it can make **right wrong** and **wrong right**. there's always an agenda so **consume with care**.



PEOPLE & LIFE

la vida liverpool

MAGAZINE



PEOPLE & LIFE

ROSE & CROWN COMMUNITY PUB ONE YEAR ON!

A Wirral pub has been transformed into a thriving community space that offers a wide range of services to local people. Since taking ownership of The Rose & Crown in Poulton in November 2022, former Merseyside Woman Of The Year Michelle Leatham has completely turned the pub around.



The Rose & Crown is still a traditional pub although it has been subject to a refurbishment and now has two pool tables and a big screen showing all live sport. There's now food, regular live music featuring the likes of X Factor's Anthony Russell, bingo, quizzes, huge community events and pool and darts teams that have won leagues.



What makes the pub unique, however, is the amazing community outreach that it offers. After 12 months of hard work and collaborations with Wirral Council and Stars & Bars Pubs, the pub is now a community hub and CIC that bridges gaps in the local community in a huge way.



For the past year, the pub has been offering a social supermarket twice a week, coach trips and days out for children to places such as Gulliver's World, £1 meals for children, after school clubs, free Christmas hampers and more. The pub also offers free venue hire for special occasions and is an official 'Warm Space' for people to seek refuge and save on their energy bills.

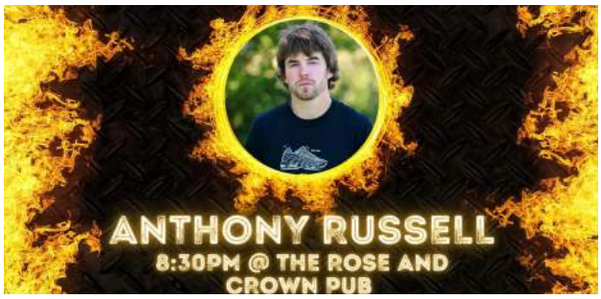


Michelle Leatham said: *"It's been a lot of hard work this past year — from refurbishing the pub to all the events and community projects — but everyone has been on board and I've had great support from the council, the brewery and the local community. Everyone has chipped in, from The Prince's Trust helping improve the courtyard to regulars helping organise events."*

She continued: *"I previously ran Building Bridges CIC and when I took this pub on in 2022 the idea was always to transform it into a community hub. I wanted to change the way a pub is seen in the local community — not just a place to drink and socialise but somewhere that can have a real impact on the area and people around it."*



The feedback from locals has been overwhelming, with many saying it's transformed the area. The social enterprise has made such an impression that it has been selected for filming by ITV for Jane McDonald's Christmas Carol and with Coronation Street star Jodie Prenger — with Anthony Russell to return on 8th December for a free Christmas Appeal event which will see big raffles.



One of the locals, Paul Hunter, said: *"Michelle has totally turned the pub around and the community is back together — there's a real sense of togetherness now. The pub does a lot for the community are there are a lot more events — it's really great to see and great for the area."*



After a thoroughly successful 12 months in charge, Michelle has further plans for the pub to benefit the local community — introducing holistic therapy services and mental health groups. The idea is to be far more than just a pub and fill the gaps where the cost of living, poverty, mental health issues and crime are all on the rise.



Michelle said: *"This Christmas will be particularly hard for many, so we're offering things such as an Elf Disco and Breakfast With Santa for the kids at a really low cost, £1 kids meals, free Christmas hampers and free Christmas dinners. Then in the new year I want to take things to the next level and have more wellbeing and support groups on offer for people."*



Since taking ownership of The Rose & Crown in Poulton in November 2022, former Merseyside Woman Of The Year Michelle Leatham has completely turned the pub around. The Wirral pub has been transformed into a thriving community hub that offers a wide range of services to local people.

The Rose & Crown Community Hub / 325-327 Poulton Road, Wallasey, CH44 4DE / 0151 638 3318

To find out what's on follow The Crown Community Pub on FACEBOOK or for free venue hire call Michelle on 07490477053

Follow The Rose & Crown on FACEBOOK



PEOPLE & LIFE

MY LOVE STORY: FROM COLOMBIA TO A HOYLAKE CAKE SHOP!

A woman from Colombia has fulfilled her dream of opening a cake shop and has done so in Hoylake after finding the love of her life. Laura Alejandra, 31, met her husband Sam Johnson whilst they were both working in Gran Canaria and has now relocated to his Wirral hometown where she has opened the most incredible bakery!



Laura opened Abba Cakes on Market Street in November 2022, baking and selling artisan delights such as brownies and lemon drizzle cakes and also creating stunning celebration cakes for special occasions. Now approaching the shop's 1st birthday, she has provided in the region of over 700 bespoke cakes for birthdays, weddings, anniversaries and more.



Laura's beautiful creations from her quaint little shop have gone down a storm in Wirral, fulfilling her childhood dream. Laura was raised in Tolima, Colombia, and as a small child she would watch her father and grandmother bake cakes — cracking the eggs for them and praying for them to come out of the oven.

Laura explained: *"It's funny when you look back at your childhood and see how life moulded you. Some of my happiest moments were getting involved in cake making with my father and grandmother, and then my mother taught me everything about hard work and business, so it put me on this path from an early age."*



She continued: *"My father opened a bakery shop and after my 10 hour day at school I'd go there to learn from Teo — an amazing man who created incredible cakes! After school I went to national college to study cookery and worked through the night baking food that I'd sell to the university and other businesses, before going to Hecansa Culinary School in Las Palmas — and that's when my life changed forever!"*

Whilst studying in Gran Canaria, Laura met Sam Johnson at the international church, where they were volunteers working with the youth. Initially unable to speak each others' languages, they used Google Translate to communicate but soon fell head over heels with each other and the rest, as they say, is history.

Laura explained: *"We completely fell for each other and soon Sam asked my father for his blessing to marry me. We had a beautiful bi-lingual wedding in Gran Canaria and our families met each other for the first*

time. When Sam had to return to the UK we spent most of our savings to get me a Visa to follow him — however that turned into a



nightmare."
Laura ended up having to wait for months for her Visa to be approved, putting her new life in Wirral on hold and leaving her in limbo in Spain with lots of worries. She pined for her new husband until finally she arrived at Manchester Airport on Christmas Eve 2019 — to the biggest hug from the love of her life.



Laura explained: *"That moment at the airport was one I will never forget and our hug was the biggest we'd ever had. I was so happy to be in the UK with my love and settle in but then of course lockdowns started just a few months later, so my integration into the UK was not easy."*
She continued: *"As soon as I could get out socialising I learnt how kind the people are here. Members from our church donated us furniture for our new home and I was welcomed by all the locals. I got a job working at a local coffee shop and there I got to meet so many wonderful local people."*

Laura perfected the English language, did a Masters in Developing Businesses and began to engage in outreach work helping refugees and working with Street Safe to support prostitutes — all whilst working in the coffee shop. Then, in November 2022, her childhood dream became true when a small commercial unit became available on Market Street.

Laura said: *"We didn't have much money but we were able to get a small loan from my parents and members from our church helped us. Our friends Andy, Ben, Craig and others all gave their time for free to help refurbish the shop and I can honestly say that the people here are the kindest I've ever met anywhere. I recruited two amazing girls and patisserie chefs, Nicky and Cay, and we became busy straight away."*



Abba Cakes by Laura Alejandra certainly stands out with its bright pint floral exterior but it's the delightful floral style cakes that have led to such overwhelming success in the first year. Laura has received countless cards from happy customers, with many 5 star reviews and brides even breaking down in tears due to the beauty of their wedding cakes.

Abba Cakes in located in the heart of Hoylake at 42a Market Street and sells daily, freshly baked delights such as brownies, special signature cakes, lemon drizzle. Laura combines the flavours of Colombia, Spain and the UK and also creates beautiful, floral bespoke celebration cakes. The cake shop online has a 3 day turnaround on celebration cakes and can sometimes offer same day turnaround for last minute requests.

Abba Cakes / 42a Market Street, Hoylake, Wirral, CH47 2AF / 07928 793556

TO ENQUIRE ABOUT A BESPOKE CELEBRATION CAKE & BROWSE THE ONLINE SHOP VISIT ABBACAKES.CO.UK

Contact ABBA Cakes on FACEBOOK!

Contact ABBA Cakes on INSTAGRAM!

Owens

Funeral Services

5 years of exceptional service and care







- Countless 5 star reviews
- 5 Star Award from The Funeral Guide
- Highest rated in Wirral on Funeral Guide for popularity and price
- Certificate Of Excellence from Three Best Rated 3 years running
- Memory tree, Forgetmenot seeds and annual memorial service
- Bespoke memorial jewellery service

Going above and beyond for you and your family in your time of need

Funeral Guide

5-Star Funeral Director

For a free chat in confidence call Owens on 0151 372 1000 or visit www.owensfunerals.com

Owens Funeral Directors / 15-17 Liscard Village, CH45 4JG / 0151 372 1000

SECRET HISTORIES

Discover who you really are and where you've come from



- Extensive family tracing and research service
- Discover your family history and bloodline
- Trace long lost relatives
- 5 star review service
- Free initial consultation

Book your free consultation online today.

Scan the **QR code** or call/message:
07885 986296



PEOPLE & LIFE

WIRRAL'S LARGEST BABY EMPORIUM CELEBRATES 35 YEARS!

Wirral's largest baby emporium, Babylicious, is celebrating 35 years — with a sale offering up to 70% off their wide range of baby products! The family run independent business on Market Street in Hoylake has won countless awards over the years and has become a favourite of celebrities and footballers' wives.

From prams, cots and clothing to teddies and toys, Babylicious is a 2,000 sq. ft Aladdin's cave of all things babies and little people! Pioneers of ground-breaking baby products, Babylicious stocks the latest and highest quality trends — whilst Owner Ian Davidson is the Baby Product Association's only Independent Judge in the UK.



Whether you're looking for cute cuddly toys, adorable clothing or the latest prams and car seats — Babylicious is the place to go for quality. The Hoylake store currently stocks the state of the art Cybex E Priam — the world's first motorised electric pram — and top of the range Peg Perago car seats, whilst also offering big discounts ex display products.



From items as little as £1 to designer brands costing in their thousands, Babylicious offers something for all budgets across two large floors and has a private shopping appointment service. Having just celebrated their 35 years, the family business is still going strong and is offering a celebratory sale of up to 70% off all in-store items.



Owner Ian said: *"It all started over 35 years ago really, as my mum Joan sold baby clothing on markets all around the North West and Wales. When she started doing really well, my Dad Tony agreed to open a store in Moreton in 1988 and that's when Babylicious was officially born– a lot has changed since then in the industry though, that's for sure."*



Since Babylicious was founded, the baby product industry has seen lots of new brands come through, technological advancements and more safety regulations. Babylicious have led the way in the quality and regulation of the latest products, resulting in Ian becoming a key judge for the Baby Product Association, and they also specialise in premature clothing.



Ian explained: *"We've always stocked the highest quality products and have won awards for doing so — we've also been nominated for Best Independent Nursery Store In UK. Quality is something my Mum has insisted on from the start. She's still very much involved in the business however my Dad sadly passed away a few years ago — we keep a photo of him in the shop and I think he'd be proud we're still going strong."*



Reflecting on their 35 years' trading, Ian and Joan estimate that they've served around 175,000 customers and have supplied to customers in over 50 countries across the globe through their online shop. They have raised in excess of £100,000 for charity over the years and they are carbon neutral — stocking environmentally friendly products and planting trees.

Ian said: *"It's crazy to think how many people we've served and how many babies we've supplied clothing, toys and products to. It's so lovely to know we've played a role in babies' lives growing up. We've been really successful for 35 years now and we've always given back too — that's so important to us. We've always donated money and clothes to various baby, children and baby loss charities."*



The store in celebrating 35 years as the largest baby emporium in Wirral with a sale that offers up to 70% off their wide range of products. From Cybex and Bebecar to Dolce and Junior Jones, at Babylicious you can find the highest quality and best value clothing, toys, teddies, prams, car seats, accessories and much more!

Ian summarised: *"Like any industry, it's very competitive these days — especially with so much online shopping. We like to think our reputation carries us through though — people know they're getting quality with us. We've got some exciting plans in the pipeline to take things to the next level so watch this space in the next couple of years."*



Wirral's largest baby emporium, Babylicious, is celebrating 35 years — with a sale offering up to 70% off their wide range of baby products! The family run independent business on Market Street in Hoylake has won countless awards over the years and has become a favourite of celebrities and footballers' wives.

Babylicious / 90A Market St, Hoylake, Wirral CH47 3BD / 0151 633 2717

TO BOOK A PRIVATE SHOPPING APPOINTMENT & UP TO 70% OFF CALL 0151 633 2717 OR VISIT BABYLICIOUS.ORG

Follow Babylicious on FACEBOOK

Follow Babylicious on INSTAGRAM

Follow Babylicious on TIKTOK



PEOPLE & LIFE

HOYLAKE MORTGAGE BROKERS RAISE THOUSANDS FOR CHARITY!

A Hoylake mortgage brokerage have been raising thousands of pounds for charity. Root Mortgages have just celebrated their 2nd birthday with a big Wirral coastal walk, raising over £1,200 for homeless charity Wirral Ark, and a total of £2,000 for them over the year.



Founded in 2021, Root Mortgages have become one of the fastest growing new businesses in Wirral — with over £50 million of lending secured for over 300 home buyers and over 100 5 star reviews. That said, Directors Rhys Davidson and Kieran Wooley have a very community focused ethos.



Root Mortgages offers a no-fee advice service (usually £500) to those working in the emergency services and first time buyers. In 2021 they sponsored the Santa Dash and earlier this year they teamed up with CSB UK to help deliver a better experience for kids playing grassroots football, as well as sponsoring local leagues.



Their annual walk, now in its third year, has raised over £3,000 for local charities and this year's walk raised over £1,200 for Wirral Ark — a charity based in Birkenhead that bridges the gap for those who are destitute. The walk took place on Monday 28th August at Fort Perch Rock in New Brighton and finished at The Green Lodge in Hoylake — with other local businesses and customers joining them.



Root Mortgages' Rhys Davidson said: *"Whilst we are facilitating people's purchases of their dream homes, we are also mindful of those less fortunate. We teamed up with Wirral Ark earlier this year and decided to donate £10 of every mortgage deal to their cause, as well as choosing them as beneficiaries of our annual walk."*



Founded in 1991, Wirral Ark provides accommodation and support for 100-200 people facing homelessness each year through their 11 accommodation centres. The charity has 35 staff and helps a wide range of people, from those suffering with addiction to those who have been victims of domestic abuse. They have helped over 5,000 people since forming over 30 years ago.



Root Mortgages' Kieran Wooley said: *"Last year our walk raised over £1,500 and this year we raised a decent amount again. It's a great community event and an opportunity for us to catch up with all our clients we've helped and network with other businesses whilst raising money for a great local charity."*



Root Mortgages are a fine example of a local business that gives back — a hugely successful and fast growing business who also support local organisations and causes. The company have raised almost £7,000 in total during their two years of trading — with Wirral Ark the latest beneficiary of their benevolence.



Wirral Ark Manging Director Paul Hardman said: *"Our charity is very grateful for the support of Root Mortgages and it's truly refreshing to see a company such as a mortgage brokerage not forgetting those who find themselves destitute. Their efforts will help raise funds for our forward thinking projects, such as holistic therapy sessions, PTSD courses, photography, art and music workshops and gardening projects."*



Root Mortgages have just celebrated their 2nd birthday with a big Wirral coastal walk, raising over £1,200 for homeless charity Wirral Ark, and are pledging over £2,000 to them over the year. The company have raised almost £7,000 during their two years of trading since 2021.

Root Mortgages / Shift Works, Lake Place, Hoylake, CH47 2DN / 0151 545 1553

FOR A FREE CHAT ABOUT BUYING A HOME CALL ROOT ON 0151 545 1553 OR VISIT THEIR WEBSITE

Check out Root Mortgage's website at www.rootmortgages.co.uk

For more info on Wirral Ark and to get involved with their projects visit their website at www.wirralark.org.uk



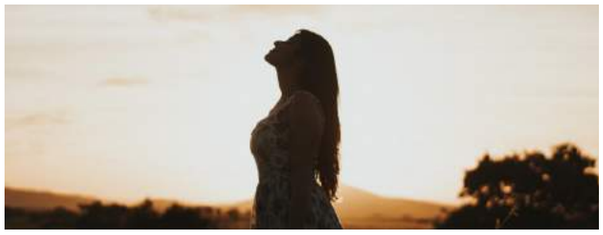
PEOPLE & LIFE

LINDA B: THE SCIENCE OF SELF-COMPASSION

Welcome to our quarterly feature from our resident life coach, Linda B! Linda B is a leading international life coach from Iceland and is a LET Communication Consultant, Trauma Resiliency Model expert, Former President of the Icelandic Coaching Federation and Board of Icelandic Women's Business Association.

We met Linda whilst working with global charity, The Unity Of Faiths Foundation, as she was one of their Ambassadors. Linda is an inspiring woman with a wealth of knowledge about social issues and she is also a published author. Her latest book, Book Of All Seasons, is a book of useful life advice and quotes and has been met with critical acclaim globally. Here's her latest La Vida feature....

Should I love myself — isn't that just plain selfish? Self-compassion or self-love is about taking the autopilot off in our lives, setting it in manual gear and starting practicing self-compassion. The main researcher on the effects of self-compassion is DR. Katrin Neff and her website selfcompassion.org is a wealth of interesting information that I encourage you to check out.



Dr. Neff says her researches shows that about 76% of us are more capable of showing empathy to other people than ourselves ! It's a terrible result, although of course it's always nice to be able to have empathy with others. 12% said they felt empathy for themselves on a par with others in the same study and 6% said they felt more empathy for themselves than others (probably narcissists).

We are very good at putting ourselves down and using words that we would never use when talking to other people, right? We feel ashamed for not being perfect and for making mistakes. In Iceland we have a saying that "No one will become a Bishop without being beaten up" which probably means that sometimes we have to repeat our mistakes a few times before we become masters at what we are good at. So, stop talking badly to yourself!

Bad self-talk and the criticism that we actually think peps us up in life, says Dr. Neff, has the opposite effect, because in the emotional chaos that is created, we look for our escape response (fight and flight response) and then the brain blocks out the search for solutions at the same time.

When we struggle with our bad feelings they gain wings and have more influence than they should be allowed to have on us, but as soon as we accept them like any other feeling, they become less important and therefore have less detrimental effect on us.

But what is this self-compassion or self-love so mainly about? Self-love is the practice of caring for and appreciating yourself unconditionally. It involves recognizing your worth as an individual, acknowledging your strengths and weaknesses and treating yourself with the same kindness and respect you would give a loved one. So it actually means accepting yourself as you are and embracing your imperfections.



Self-compassion is about being understanding and forgiving of yourself, especially in times of difficulty, mistakes or when you put yourself down in some way. It is the ability to treat yourself with the same warmth and kindness that you would give to a friend in a difficult situation.

Both self-love and self-compassion are important to us because repeated practice of self-kindness increases your self-esteem, reduces the stress and anxiety that often accompanies criticism and our desire for perfection, and ultimately, self-kindness leads to better overall health.

When we feel good, we are better able to make healthy decisions and interact more positively with others. Practicing self-love and self-compassion involves being aware of our thoughts and feelings, challenging negative self-talk, and prioritizing self-care and self-acceptance.

Dr. Kristin Neff, whom I mentioned before, is one of the leading researchers in self-compassion and has conducted extensive research on the subject. Her work has shown that self-compassion is associated with greater emotional well-being, less anxiety and depression, and increased life satisfaction.

A study published in the Journal of Personality and Social Psychology found that individuals with higher levels of self-compassion tend to have better psychological health, including less negative emotions and increased life satisfaction. Research has also shown that self-compassion is associated with increased resilience in the face of life's challenges. People who practice self-compassion tend to recover more quickly from trauma and adversity.



A study in the Journal of Research in Personality found that self-compassion can reduce perfectionism and self-criticism, which are often associated with high levels of stress and anxiety.

And another research has shown that self-compassion can lead to improved relationship satisfaction.

Self-compassion-based interventions have been used in clinical settings to help individuals with various mental health problems. Research has shown that these interventions can be effective in reducing symptoms of depression, anxiety and post-traumatic stress.

Well, now we must see how much it is worth to take care of ourselves and love ourselves and be our best friends, and thus become the best version of ourselves — whole and undivided.

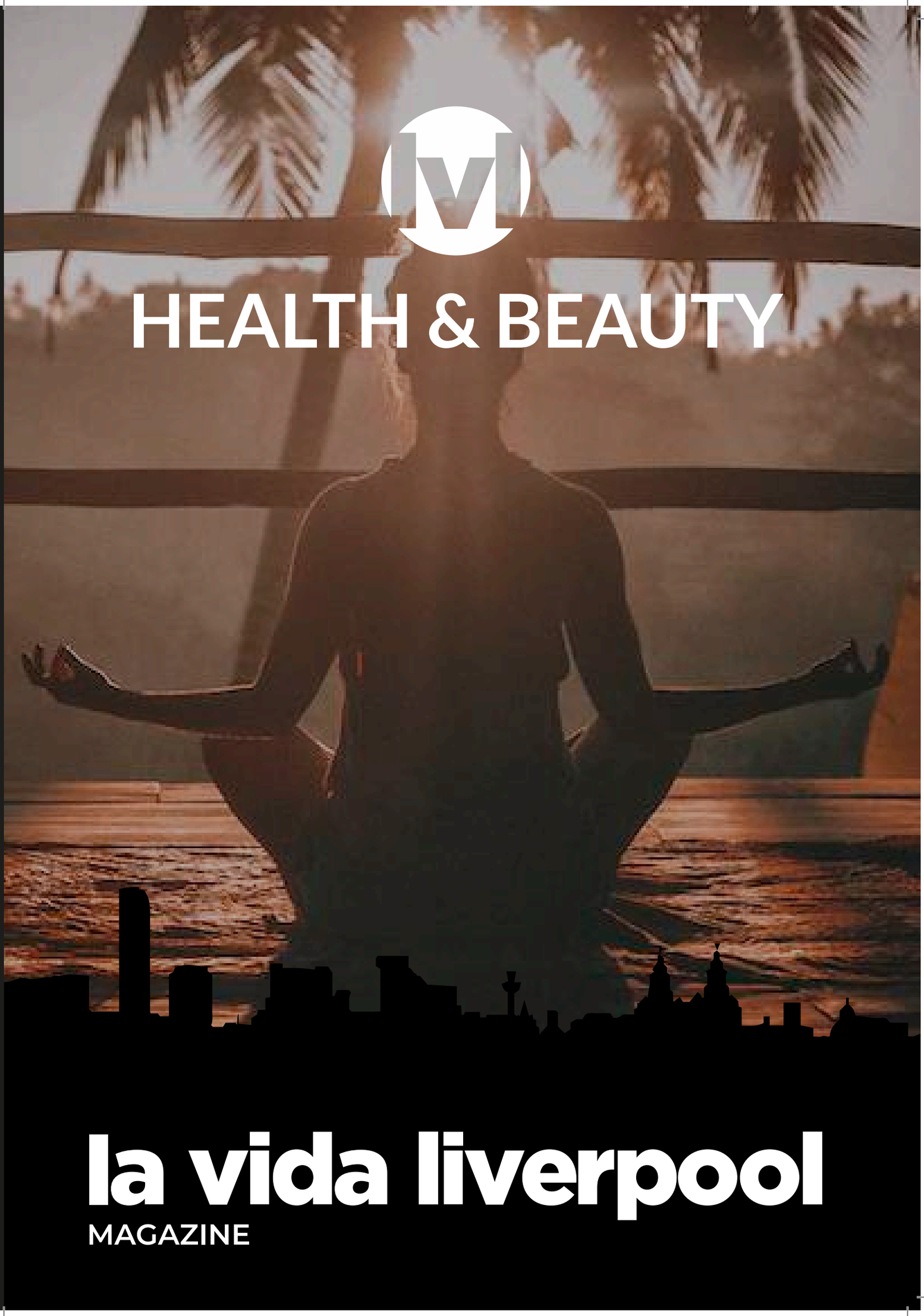
As always, I'm only an appointment away if you need my help with your life issues.

Until next time, Linda B

CHECK OUT LINDA'S BOOK OF ALL SEASONS ON AMAZON! FOR A FREE LIFE COACHING CONSULTATION CONTACT HER ON FACEBOOK!

the mainstream media relentlessly reports on evil, whilst constantly adding fuel to the fire. if we start **focusing** on the **solutions** rather than the problems, the world will be a **much better place**.

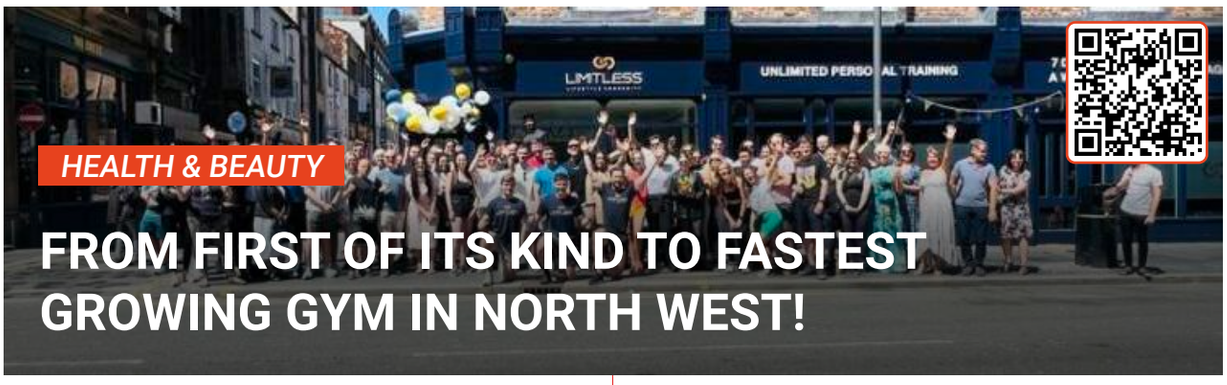




HEALTH & BEAUTY

la vida liverpool

MAGAZINE



HEALTH & BEAUTY

FROM FIRST OF ITS KIND TO FASTEST GROWING GYM IN NORTH WEST!

Liverpool's fastest growing gym concept, Limitless Lifestyle Community, has seen a remarkable 122% member increase since opening on Dale Street in June 2023. The ground-breaking gym is revolutionising the industry by offering members unlimited personal training 7 days a week and a whole host of benefits.



Limitless Lifestyle Community was founded by Alex Sloan and Levi Osborne in May 2022 with the aim of changing people's lives sustainably and within just one year they opened their first personal training 'super gym' at 89 Dale Street. Since opening, they have experienced a 122% increase in members within the first three months and have gone from two to six members of staff.



Limitless Lifestyle Community also has an ethos of creating a better life for personal trainers within the industry. Unlike conventional practices, they prioritise and empower personal trainers by employing them as integral members of their team and have a programme to help them achieve their goals too.

Levi explained: *"We believe in fair compensation, professional development and a supportive work environment that allows trainers to focus on what they do best – helping members achieve their fitness and wellness goals. By providing a stable and nurturing platform for personal trainers, we not only elevate their status but also ensure that they can provide the highest quality of service to our members."*



Alex said: *"We're on a mission to revolutionise personal training by making it accessible to everyone through our pioneering concept of unlimited personal training, coupled with a holistic approach to health and wellness. We believe everyone deserves the opportunity to reach their full potential, both physically and mentally, without the limitations of cost or time."*

He continued: *"Our unique model offers unlimited access to personal training sessions, ensuring that our members receive the individualised attention and support they need to achieve their goals. But we don't stop there — our holistic approach addresses the entirety of well-being, incorporating mindful nutrition, massage, community support, and a focus on mental health into our programs."*

The new gym offers unlimited personal training 7 days a week, as well as a 24/7 support group, a sustainable nutrition plan,

classes, massage treatments, a wellness cafe, social events, a run club, challenges, retreats and more. Anyone interested in joining the community benefits from a free consultation and body scan worth £60.



Featured by The Liverpool Echo, BBC Radio Merseyside, Explore Liverpool, The Guide and various national media outlets, Limitless Lifestyle Community has been taking personal training to the next level. The revolutionary personal training concept has had many 5 star reviews from members, with some profound success stories along the way.

Limitless Member Stefan said: *"Last year, before I started working with Alex and Levi, I found myself in a real rut of poor diet and limited exercise. I was unhappy and frustrated with how I felt and looked but didn't know how or where to start fixing my situation but now I feel like a new man. Limitless has provided me with a supportive platform and I have rediscovered my former vigour."*



Limitless member Georgia said: *"I've been with Limitless since the beginning and I'm getting so much more value for money having personal training 5 days a week. Having personal trainers to push me on keeps me accountable and I have completely turned my life around — I used to have a bad lifestyle and anxiety but now I am in such a good place mentally and physically."*

One of the things that has set Limitless Lifestyle Community apart is the community aspect — with many new friendships made through the support group, events, hikes, retreats, socials and more. Limitless Lifestyle Community aims to be much more than just a gym by building a community that supports each other on their journeys of self development.



Alex summarised: *"We take pride in being pioneers of our unique personal training concept and becoming the fastest-growing gym community in the North West. The personal training industry is so expensive and has become more toxic and damaging over the past years, instead of improving peoples wellbeing."*

Liverpool's fastest growing gym concept, Limitless Lifestyle Community, has seen a remarkable 122% member increase since opening on Dale Street in June 2023. The ground-breaking gym is revolutionising the industry by offering members unlimited personal training 7 days a week and a whole host of benefits.

Limitless Lifestyle Community / 89 Dale Street, Liverpool, L2 2JD

FOR A FREE CONSULTATION & BODY SCAN PLUS £50 OFF YOUR FIRST MONTH VISIT LIMITLESSLIFESTYLECOMMUNITY.COM/LIMITLESS OR MESSAGE 07803507095 AND QUOTE LAVIDA

Check out Limitless Lifestyle Community on FACEBOOK!

Check out Limitless Lifestyle Community on INSTAGRAM!



WILD WARRIOR WOMEN RETREAT



THURS 9TH - SUN 12TH MAY 2024

A luxurious 3 night retreat in the heart of Wales!



An invitation to return to your Wild Feminine essence, an invitation to explore and rekindle your connection mentally, physically, emotionally and spiritually to other women, your self and Mother Nature as we journey through and with the energy of some of the most powerful Divine Feminines archetypes.





What's Included:

- Painting
- Mantra
- Meditation
- Sisterhood connection
- Sacred conscious connected breathwork
- Wild swimming
- Wild hiking
- Share circles
- Embodiments
- Shakti sensual dancing
- Mirror work
- Journaling
- Yoga
- Singing
- Acupuncture





Delicious, nutritious food provided

£1,111 ALL INCLUSIVE
WITH PAYMENT PLANS AVAILABLE

Book your place today
www.thewildwarriorwomen.co.uk/product/wild-warrior-women-retreat

The Wild Warrior Women membership is here

A MEMBERSHIP FOR YOUR OVERALL WELLBEING A SMALL INVESTMENT FOR A BIG IMPACT



FULL MEMBERSHIP

£45

PER MONTH

CONNECTING YOU WITH COMMUNITY

CONNECTING YOU WITH OTHER WOMEN

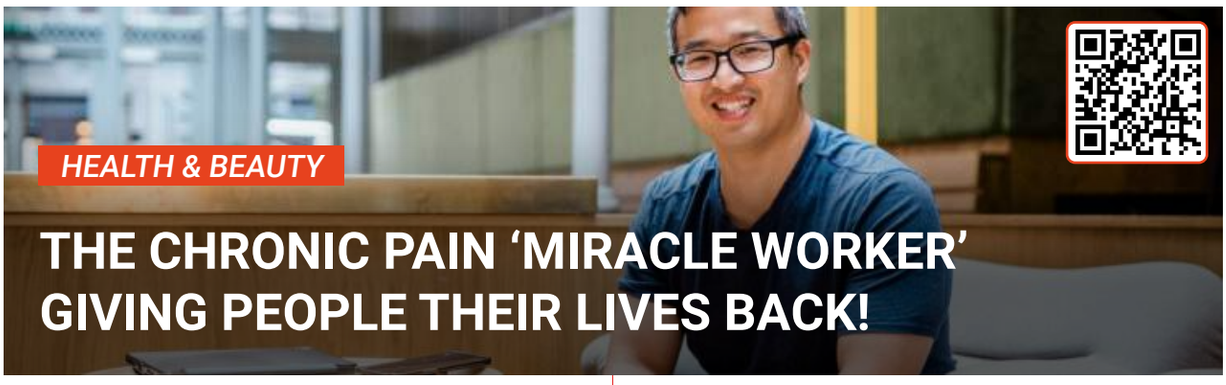
CONNECTING YOU WITH YOUR SELF

- Monthly Wild Warrior Women Walk in different locations on the first Sunday of every month
- Monthly sharing circle
- Meditation
- Kundalini session
- Self development workbook with a different theme each month
- Private support group
- Discounts on breathwork ceremonies and more
- Access to Wild Warrior Women retreats

@Thewildwarriorwomen

Find Out More by Visiting:

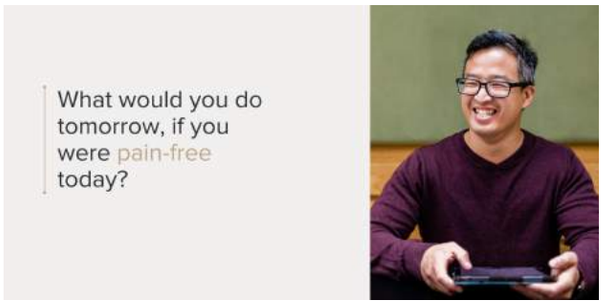
thewildwarriorwomen.co.uk/wild-warrior-women-membership



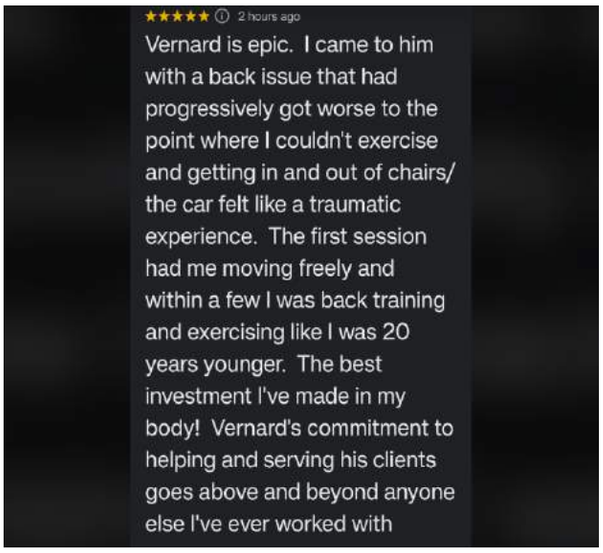
HEALTH & BEAUTY

THE CHRONIC PAIN 'MIRACLE WORKER' GIVING PEOPLE THEIR LIVES BACK!

A chronic pain 'miracle worker' has transformed the lives of hundreds of people suffering from a range of conditions. Venard Fong, owner of The Venard Clinic in Wirral, uses specialised neurology techniques and methods to resolve pain for good and has a remarkable 95% success rate with the people he works with.



Through his science-backed unique approach, Venard has helped many clients solve their chronic pain, migraine, sciatica, arthritis and various other conditions. These same clients have tried many other approaches in the past from physio to yoga to chiropractor. Venard uses an integrated approach including eyes and vision science, functional neurology, cranial work and gait repatterning to name a few.



Venard offers a complimentary 30 minute video call to discuss your issue, establish if you are a good fit for his work and whether he can help you. The next step, if he can help, is booking an in-person assessment session where he maps out what is going on, why the pain is there, likely causes and a projected outcome where you get to see and feel the improvements and changes that are possible.

Venard offers a money back policy if he feels he is unable to find the cause and help your case in the assessment session. If he can find the causes, you then plan your case and the most suitable treatment plan that meets your goals in the fastest time possible. Venard has helped a wide range of professionals and athletes including double Commonwealth gold medallist and former Olympian Chris Cook.

Treatments are bespoke for each individual. This is best suited for those who are serious about their goals and dreams and are ready to invest in themselves to regain their freedom and independence back. This is also for those who want both results quickly that last without any unnecessary maintenance work, follow ups or even having to do daily exercises to keep on top of the progress.

Results can be as quick as within a few hours and countless clients have come forward to say this is and has been the best investment and worthwhile for their physical health. Many have even said not only have they saved tens of thousands of pounds on other treatments and therapies, but the time commitment they have spent on those sessions.



Anneliese Mckay
The Copy Coach
Burnley
@confidentcoach8

"Venard is an expert at removing pain. I had pain for 27 years at different times and different parts of my body. I had no idea what was causing it but Ven did. Remarkably he re-aligned an eye muscle. 27 years of pain gone in 3 hours! Not only that but my life has accelerated for the better."

Emma said: *"I approached Venard with chronic back pain that was getting progressively worse, leading to me being stuck in bed for a week with sciatica. With my wedding on the horizon in four months, I wanted to be pain-free for my big day. The results were astonishing! After treatment, I could lift heavy items at work, carry my children and, of course, enjoy my special day with no back pain weighing me down."*

Annie said: *"I came to Venard with multiple areas of pain down one side of my body, which hindered my life in many ways. After visiting numerous professionals, I came to Venard clinic and received a full assessment. In a single session, we resolved the pain through my eyes, leaving me happy, healthy and able to achieve everything I wanted. Five years later, I remain pain-free."*

Dubbed by many as 'The Pain Free Ninja', Venard has been in the same position that his clients find themselves in. As a Tae Kwon Do black belt competing at World Championship level, he struggled with lower back pain for years, spending thousands on physio, chiropractic treatment, massages and more, before booking in with a man advertising a new method of pain relief as a last-ditch effort.

Miraculously, within 24 hours he found himself able to hit the gym, lift weights effortlessly and completely pain free — whereas 48 hours earlier he struggled to lift just one repetition. He now combines his background of eyes and vision science (orthoptics) with sports therapy, movement based therapy and functional neurology to help his clients solve their pain too — and get back to the life they desire.

Fellow martial artist and successful local businessman John Bullock said: *"When I dislocated my knee I was really scared of losing my mobility and not being able to kick ever again. Venard had me kicking with full power on the day of my first visit within 30 minutes. I don't know how he does it, it's weird, but it works! If you train and fall foul of an injury you need Venard Fong!"*



Venard explained: *"There have been so many profound case studies since I started in 2013 and it brings me so much satisfaction to know that I am giving people their lives back. Chronic pain can be very debilitating but with us you don't have to continue living this way and I always ask people — what would you do tomorrow if you were pain free today?"*



Venard Fong is a chronic pain 'miracle worker' who has transformed the lives of hundreds of people suffering from a range of conditions.

Venard Clinic / 1 Thursby Road, Bromborough, Wirral, CH62 3PW / 0151 346 2004

TO BOOK A FREE CONSULTATION EMAIL info@thevenardclinic.com OR VISIT THEVENARDCLINIC.COM

Follow Venard Clinic on FACEBOOK

HEMP AID



High grade CBD oil with proven results!



- Various strengths and bottle sizes, 30% strongest grade in Europe
- Organic, vegan and mixed with hemp seed oil
- Powerful, effective and free from chemicals
- Used for a wide range of conditions such as arthritis, ADHD, multiple sclerosis, chronic fatigue, fibromyalgia, anxiety, depression and more
- Thousands of happy customers world wide

★★★★★

Hey not even a week on the oil and my grandads pain is improving dramatically he said within 15 minutes of having it it relives his pain almost instantly. He's been on over 13 different pain medications and none have taken the pain away like this. Thanks so much we will deffo be getting more xxx

I'll send a review over after work. It's helped so much with my anxiety and sleep pattern I only have to take it now when I'm feeling very anxious. How long does the oil last? I still have over half a bottle left

For bottles from just £14 WhatsApp 07707059546 or message us on Instagram

hempaid2000

As Featured By:

WirralGlobe ECHO la vida liverpool msn NBR NEW BRIGHTON RADIO

HEMP AID

HEMP AID SUPPLEMENTS

IRISH SEA MOSS



- 240 High quality 500mg capsules that last up to 120 days
- Promotes healthy thyroid, immunity, gut health, heart health, weight loss, blood sugar, skin and more
- **SPECIAL OFFER JUST £25 + FREE BOTTLE OF CBD OIL WORTH £50**

BLACKSEED OIL



- High quality 500ml bottles to last 30 to 60 days
- High in antioxidants and helps with asthma, weight loss, blood sugar, blood pressure, cholesterol, brain health, skin, hair, arthritis and more
- 2.67% Thymoquinone, strongest grade available
- **SPECIAL OFFER JUST £30 + FREE BOTTLE OF CBD OIL WORTH £50**

The highest quality and lowest cost around + free bottle of CBD oil worth £50 with every order!

WhatsApp 07707059546 or message us on Instagram

As Featured By:

WirralGlobe ECHO la vida liverpool msn NBR NEW BRIGHTON RADIO



HEALTH & BEAUTY

WIRRAL'S LARGEST HEALTHY DOG FOOD STORE OPENS!

Wirral's largest healthy dog food store has opened on Wheatland Lane Business Park in Seacombe. Raw 4 Paws have helped hundreds of thousands of dogs since forming in 2015 and have now opened a 7,500sqft superstore that offers a vast range of healthy alternatives for dogs, cats and reptiles.

The huge new superstore stocks local and national brands from Mersey Raw to Nutriment and you'll find everything from venison marrowbones and pheasant to beef and chicken complete meals. The aim of the family business is to encourage owners to choose healthier diets and lives for their dogs, rather than feed them processed supermarket junk, and it can even work out cheaper in many cases.



Whereas most well-known dog food brands contain less than 10% meat, Raw 4 Paws offers premium quality food and treats at a low cost. Whether it's chicken, goat, lamb, rabbit, ostrich or anything in between, the superstore has an ethos of helping dogs live a healthy lifestyle at a price that's very affordable to owners.



Raw 4 Paws have been a leading local business in the raw, natural dog food revolution since 2015. The new superstore, located on Wheatland Lane opposite the Mona Castle pub, has become the biggest in Wirral and also offers dog ice cream, supplements, toys, accessories, an in house dog groomers, a dog wash station, regular events and more coming soon.



Owner Dave Parry said: *"As a family of dog lovers, we're very passionate about dogs' health and when we started the business our aim was to help as many dogs as possible. Unfortunately, a lot of the stuff you find on the supermarket shelves is low in quality and meat content so we're trying to encourage as many owners as possible to go down the raw, natural route."*



Daughter Hayley added: *"If people change their habits and shop here in store or online, it will lead to their dog being healthier and happier but it is also very affordable — it's a myth that it's a lot more expensive. For us, it's a no brainer for owners. We have an*

online shop and offer a delivery service but it's always great to connect with owners in store and help educate them on ingredients etc."



Raw 4 Paws became the second ever store of its kind in Wirral when it first opened, receiving hundreds of 5 star reviews, and the new superstore has now opened due to overwhelming demand. With an in house groomer and wash station, the new site aims to become a wellbeing hub for dogs — with big plans to develop the site and big dog events already in the calendar.



Hayley explained: *"Moving into this huge space is just the beginning. With our groomers, wash station and events, we're offering so much more than a healthy dog food superstore and we still have a big space upstairs to develop. We have some exciting ideas to make this the first of its kind, all in one dog wellbeing hub so watch this space for more announcements coming soon!"*



One of the most touching things about the new Raw 4 Paws superstore is the giant dog mural that includes some of the family's dogs who passed away — a fitting tribute and testament to the family's love of dogs.

Through helping them lead healthier lives, they truly believe they can make the world a better place one dog at a time.



Dave summarised: *"We absolutely love what we do and enjoy meeting owners and dogs in store — it gives us a great sense of satisfaction to know we're improving dogs' lives. The feedback is always great and owners who are new to us often tell us the difference they see in their dogs through our raw, natural food, treats and supplements — so much happier and healthier and that's what we aim to do."*



The new Raw 4 Paws superstore is located at Unit 1, Wheatland Lane Business Park, Wheatfield Lane in Seacombe — with an online store and delivery also. The superstore is the largest in Wirral and offers raw, natural dog food, treats and supplements as well as toys, accessories, an in house dog groomers, a dog wash station, regular events and more coming soon.

Raw 4 Paws / Unit 1, Wheatland Lane Business Park, Wheatfield Lane, CH44 7ER / 07548 272705

VIEW THE ONLINE STORE AT RAW4PAWSLTD.CO.UK OR CALL 07548 272705 FOR ANY ENQUIRIES

Follow Raw 4 Paws on FACEBOOK

Follow Raw 4 Paws on INSTAGRAM

Multi-award winning natural skincare products



At Nibu Naturals, our commitment to transforming skincare is backed by a string of prestigious global awards, establishing us as a leader in the industry. Situated on the scenic Wirral, our skincare line has earned accolades and the trust of discerning individuals worldwide. Endorsed by esteemed personalities such as actresses Davinia Taylor, Kathryn Drysdale, supermodel Jodie Kidd, and Cheshire housewives Leanne Brown and Tanya Bardsley, Nibu Naturals stands as a testament to quality and efficacy.

At the heart of our innovation lies Icelandic Astaxanthin, the cornerstone of Nibu skincare, pioneering an unparalleled fusion of anti-aging solutions combined with the finesse of makeup. Our multifunctional serum and moisturiser, available in three shades infused with Astaxanthin, eliminate the need for harsh chemicals. This groundbreaking approach not only beautifies but also nourishes, heals, and shields the skin, allowing our customers to radiate with a natural glow, ready to seize the day within minutes.

Our range extends beyond mere skincare; it's a lifestyle. Nibu Naturals offers an award-winning highlighting serum, transforming ordinary skin into elegantly glowing visages. Complementing our signature line, we present luxurious essentials like lip balm, hand balm, and an intoxicating sensual body oil, providing an all-encompassing glow that captivates the senses.

The proof of our prowess lies in the satisfaction of our diverse clientele spanning the globe. Nibu Naturals boasts a legion of delighted customers who have witnessed and experienced the transformative power of our products. Our formulations yield proven results, eliciting glowing reviews and heartfelt testimonials that attest to the efficacy and brilliance of Nibu Naturals.

Join the legion of radiant individuals who have embraced Nibu Naturals – a harmonious blend of nature's wonders and cutting-edge innovation. Experience skincare that transcends the ordinary, elevating not just your appearance, but your confidence and well-being. Let Nibu Naturals be your companion on the journey to luminous, healthy, and glowing skin.

The natural, organic way to look and feel fabulous!





Find us on Facebook and Instagram

NibuNaturals nibu_naturals

Shop now and quote LAVIDA20 for 20% OFF

LASER WHITES
BEAUTY & AESTHETICS

ACHIEVE A PEARLY WHITE SMILE STRAIGHT AWAY!

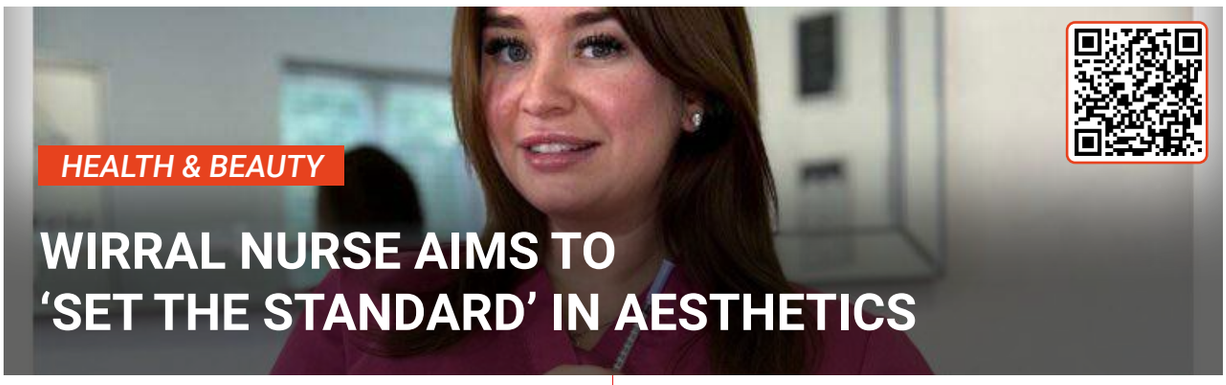


- TOP QUALITY LASER TEETH WHITENING
- FAST, EFFICIENT AND PAINLESS SERVICE
- OVER 10 YEARS' EXPERIENCE WITH COUNTLESS 5 STAR REVIEWS
- THOUSANDS OF HAPPY CLIENTS INCLUDING CELEBRITIES
- OVER 50K FOLLOWERS ON INSTAGRAM
- HOME BASED CLINIC OR MOBILE SERVICE COVERING THE NORTH WEST

JUST £40 OR £70 FOR 2 PEOPLE

SMILE WITH CONFIDENCE AGAIN WITH LASER WHITES!

TO ENQUIRE WHATSAPP 07743599632 OR
MESSAGE ON INSTAGRAM @ LASERWHITESBEAUTYANDAESTHETICS



HEALTH & BEAUTY

WIRRAL NURSE AIMS TO 'SET THE STANDARD' IN AESTHETICS

A Wirral nurse is aiming to 'set the standard' in aesthetics — in an industry that's tightening up regulations. Sarah Howard has a plethora of qualifications and has opened Aesthetics By Sarah in Oxton — offering advanced dermal fillers, advanced anti-wrinkle injections, skin boosters, PRF, B12 injections and more.



Sarah's new clinic is focused on quality — only buying from reputable pharmacies and using premium products — whilst keeping costs to a minimum. As an independent aesthetician, Sarah is fully insured and has a Bachelor Of Science Degree, is a qualified nurse and is fully qualified in all her treatments. Since she started practising in 2019, she has seen amazing results with her hundreds of happy clients.



Her new clinic in the heart of Oxton Village has already been extremely popular, with many clients feeling assured by Sarah's experience and qualifications — whilst loving the affordable prices. Offers such as vampire facials for £60, 3 areas of anti-wrinkle for £180 and lip filler for £130 have had old clients and new queueing up for appointments at her new clinic.



One clients said: *"Sarah makes you feel at ease with the whole process talking you through the steps, she's professional and knowledgeable and gives great advice, I would definitely recommend Aesthetics by Sarah she really makes your skin look amazing with her treatments."*



Another said: *"Sarah is amazing and professional in what she does. She reassured me and made me feel so comfortable with the treatment I was receiving. I am made up with my results and would not go to anyone else in the business!"*

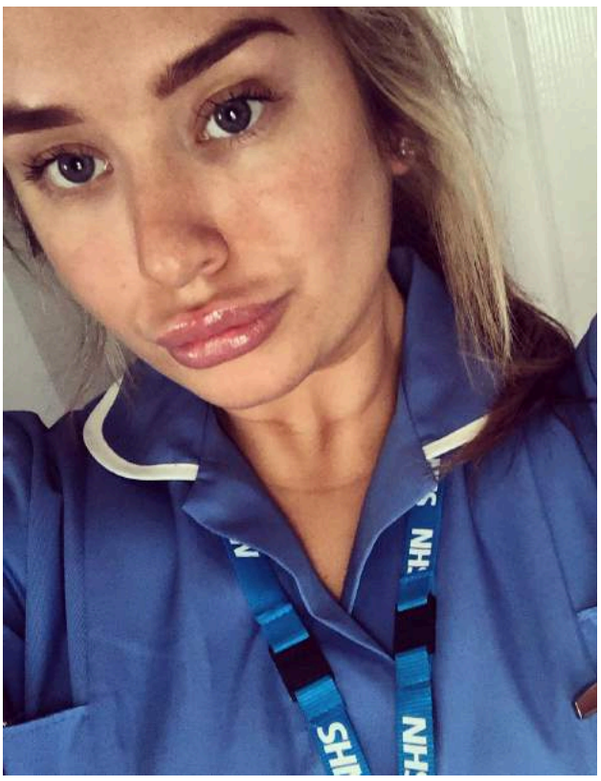


In April 2022, The Health & Care Act gave the Secretary of State for Health and Social Care the power to introduce a licensing regime for non-surgical cosmetic procedures in England. The purpose of the scheme is to ensure that consumers who choose to undergo a non-surgical cosmetic procedure can be confident that the treatment they receive is safe and of a high standard.

Sarah explained: *"The aesthetics industry has been under fire more and more following bad practise and unqualified or uninsured practitioners. Last year the government brought out new legislation and things will likely get tightened up further as we hear more horror stories. I'm looking to raise awareness of that whilst offering the very best quality treatments that are affordable."*



Due to her expertise, quality, affordability and many happy clients, Sarah's new clinic is thriving and she is constantly busy during her appointment days/evenings between Thursday and Monday. Around this, she continues to be a practising nurse for the NHS– something she studied so hard for.



Sarah summarised: *"I have so much demand at the clinic but I love working in healthcare for the NHS. With Aesthetic By Sarah, I'd much rather focus on quality that quantity — working ethically and offering quality treatments to the right people rather than cramming in as many jobs as possible. If you're ready for a treatment give me a call and we can have a free consultation."*

Sarah Howard is a Wirral nurse aiming to 'set the standard' in aesthetics — in an industry that's tightening up regulations. Sarah has a plethora of qualifications and has opened Aesthetics By Sarah in Oxton — offering advanced dermal fillers, advanced anti-wrinkle injections, skin boosters, PRF, B12 injections and more.

Aesthetics By Sarah / Victoria Mount, Oxton Village, Wirral, CH43 5SQ

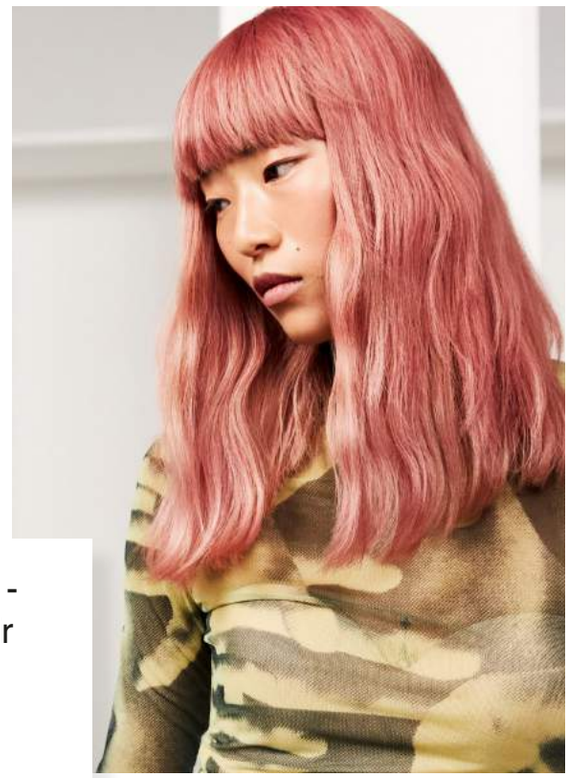
FOR A FREE CONSULTATION WHATSAPP 07535546224 OR MESSAGE ON INSTAGRAM

Follow Aesthetics By Sarah on FACEBOOK

Follow Aesthetics By Sarah on INSTAGRAM

MICHAEL FRANKS®

CREATIVE HAIRSTYLING



A place where hair has no gender - Service & prices based on the hair you want

A team of award winning hair stylists colourists and hair extension specialists

Award winners for Inclusion and Diversity at the LGBT+ North West Business Awards

Voted best salon in Liverpool and Service Excellence Certificate granted by Salon Spy

KEVIN.MURPHY Session and Flagship salon

BOOK NOW WITH 10% OFF

QUOTE - LA VIDA LIVERPOOL

SCAN TO BOOK NOW

Michael Franks
33a Strand Street,
Liverpool One
L8 7NL

@michaelfranks_salon

michaelfrankshair.co.uk **0151 345 6148**

Afterglow

TANNING&BEAUTY
PRENTON

afterglow_prenton

afterglowprenton1@gmail.com

Bring back your summer glow this winter!

- Single tanning sessions
- Courses
- Tanning enhancers
- Beauty products
- Gift vouchers available
- Loads of parking 30 seconds away







20% OFF
10am - Noon

334 Woodchurch Road, Prenton

0151 837 1403

megaSun®

CENTRAL PARK WELLBEING CENTRE

An oasis of tranquility and calm in Liscard

- **Holistic beauty facials, manicures, brows, lashes, teeth whitening, botox, spray tans, massage, reflexology, aromatherapy, hopi wax candles, Indian head massage, reiki, cupping ,and more**
- **Life coaching, Emotional Freedom Technique, quantum healing, hypnotherapy, counselling, meditation, breathwork, tarot and more**
- **Group therapies and workshops including sound baths, meditation, hypnotherapy, reiki shares, goddess circles, mindfulness and breathwork**
- **A wide range of services for the mind, body and soul**
- **An experienced team of fully qualified practitioners**
- **Treatment rooms available for hire on a daily, part-time or full-time basis**







CALL OR MESSAGE 07752236163 TO BOOK IN A FREE CONSULTATION TODAY!

Message us on Facebook: liscardroadwallasey

Pop in and see us at:
204 Liscard Road, Wallasey, CH44 5TN



ARTS & CULTURE

la vida liverpool

MAGAZINE



ARTS & CULTURE

WITCHY EMPORIUM OPENS IN LIVERPOOL CITY CENTRE!

A magical, mystical witchy emporium has opened in Liverpool city centre! Nestled away inside Cavern Walks, a hidden little shopping mall on Mathew Street, As Above So Below is a darkly elegant emporium that offers a wide range of witchy products, gifts, art, workshops, tarot readings and more.



The unique boutique is a must visit for lovers of all things witchy, pagan and esoteric — bringing something completely alternative to the city's shopping scene. Whether you're a seasoned practitioner wanting to upgrade your altar or expand your library, interested in spell work, looking for a tarot reading or wanting to learn how to read tarot, As Above So Below is for you!



Inside the hidden gem you'll find witch, pagan and educational books as well as unique and own branded cauldrons, spell kits, wands, discs, chalices, intention stones, herbs and spices, oils, tarot cards, clothing, jewellery, bags, mugs, art and more. Open Tues-Sat 11-5, the emporium also offers tarot readings, as well as workshops in tarot and The Living Pantheon.

As Above So Below has a strong music influence, as you'll see with lyrics from The Beatles, Teardrop Explodes and Echo & The Bunnymen on the walls. You'll find Beatles and post-punk themed coffee and tea, art, original art and prints, cups, t-shirts and more. The one-of-a-kind gem fuses all things witchy and esoteric with music and art.



As Above So Below is the creation of Cat De Leon — a pagan, tarot reader, music producer, acclaimed journalist and writer and international artist. Originally from Lynn, Massachusetts, and having worked in Salem (home of the infamous Witch trials), Cat came to Liverpool in 2017 and through her shop she aims to bring something different to the city.

Cat said: *"Ever since I was a little girl in the U.S I had a natural flair for reading cards and had psychic abilities. I also had an obsession*

for David Bowie, all things esoteric, anything artsy and subculture scenes. I always knew I'd settle in the U.K and I've found my spiritual home in Liverpool."



She continued: *"I opened As Above So Below to fill a gap for those interested in all things witchy, pagan, esoteric and subculture or anyone simply curious. We offer tools for those who practice, knowledge for those who are curious, workshops, readings, gifts and more. I'm also hoping to help educate people — witches, pagans and polytheists are often misunderstood."*



Cat is not a stereotypical 'witch' — something that is misinterpreted as a woman with a black cloak, black cat, a broomstick and sinister intentions. Cat is an experienced practitioner who works with energies and supernatural powers — casting spells for the greater good and having developed a wealth of knowledge and ability over the years.

Cat explained: *"There are many people out there who don't understand what I do. Fear of paganism is perpetuated by those who feel threatened by the old religions and polytheism. This is mostly due to poor education and silly Hollywood stereotypes. Meanwhile, witchcraft and spelling are not necessarily bad things as the media portrays — in fact they are present in everything, especially music and the arts."*

She continued: *"I am firmly committed to creating an eclectic space, not dedicated to any one path or persuasion, and where the witch's rede holds firm: 'And ye HARM NO ONE, do what thou wilt shall be the whole of the law'. We will not engage in any harmful or manipulative practice, nor aid and abet in same."*

At As Above So Below you'll find an alternative playlist — from Bowie, of course, Echo & The Bunnymen and Teardrop Explodes to punk and post-punk. You can buy music related art, gifts and souvenirs or witchy products and tools needed to practice — a fusion of esoterica, music and the arts, there's no place quite like it in the city.



Cat summarised: *"Obviously, it's perfect for pagans and those who engage in spelling and practise. But for anyone curious, we offer readings, workshops and fascinating books about things such as paganism, esoterica and astrology. Whether you're looking for a unique gift, something more or just a chat with me, feel free to pop in and see us!"*

As Above So Below emporium has opened in Liverpool city centre. Nestled away inside Cavern Walks, a small boutique shopping mall on Mathew Street, the unique shop offers a wide range of witchy products, workshops, tarot readings and more.

As Above So Below / Cavern Walks, 8 Mathew Street, Liverpool, L2 6RE

TO BOOK A TAROT READING OR WORKSHOP VISIT ASABOVEEMPORIUM.COM

Follow As Above So Below on FACEBOOK

Follow As Above So Below on INSTAGRAM

Images courtesy of Rebee Penrice-Randall @rebeesnaps



ARTS & CULTURE

GED SAID

Ged Thompson is a one-man literary force, a world-renowned performance poet, storyteller, author, and a true bard of the oral tradition. His titles including 'Middle Earth Magic' & 'Diaries of A Man Who Believes in Angels' have touched the hearts and minds of readers around the globe, daring them to hope, to love, and to be kind – wherever and whenever they can.



RONNIE THE ROBOT

Ronnie the robot wasn't like the other machines. One day he decided that he didn't want a big steel plate on the front of his chest. So, he threw it away and put a window in its place instead, so that everybody could see what was inside of him. Some of the other machines mocked this; it wasn't normal for a robot to show his levers and sprockets (although all machines have levers and sprockets). Ronnie even had some broken levers and sprockets, but he never tried to hide them. Ronnie guessed that if he had broken bits then maybe others did too; and they needed to know that it was ok, and certainly nothing to be embarrassed about. Sometimes people would come up to Ronnie and say, "I really like the way you're not afraid to show your insides, I have broken bits too – but I'd never be brave enough to put them on show." Inspired by the way Ronnie was so brave, one of Ronnie's friends wrote a poem about his broken bits one day and shared it with a group of machines. Then another went home and painted a picture of her broken bits, and later proudly and unashamedly put it up in a gallery for everyone to see. Another wrote a song with her guitar and sang about her broken bits at a concert where ten thousand machines stood with lights in their hands and applauded her.

Another (who was a little shyer) stood on his head upside down, on a little rectangular mat, just to try and sort of – work out – what his broken bits felt like in his own mind.

But one thing was for sure....

Somewhere deep down, they all wanted to be a little like Ronnie. Because Ronnie knew that it wasn't him that needed fixing; it was the world that didn't like people with windows to their hearts.



Photo credit B L Thompson

POETS' CORNER

The Liverpool region isn't short of wordsmiths and in this section we bring you a poem from one of our region's greatest wordsmiths. From the poignant and profound to the silly and surreal, here you'll find poetry at its finest...

'ODE TO CHRISTMAS'

Oooh it's finally fixed an' finally done
My chimney stack mended – it wasn't much fun

'How did happen' they all wanted to know
I simply said quietly, 'too much snow'

Hmm, weather seems nice this time of year
Let's hope it stays nice an' hope it stays clear

The kids are excited – this is the night
We'd dressed the tree – the colours so bright

Chocolates an' baubles – fairy lights too
The excitement was building as Santa was due

So much fun an' laughter as they went up to bed
Shouting 'don't forget Rudolph' he's got to be fed

How could I forget to leave out the pies
The children may think it could all be lies

Time's getting on, I must go to sleep
I glanced out the window – shock! Snow was quite deep

Down it had floated so white & so calm
This blanket of peace with its mystical charm

I watched the flakes as they fell to the ground
Mesmerised by many without any sound

It was then that a thought did cross my mind
A problem tomorrow, maybe I'll find

Early next morning – a very early rise
Openings of presents an' screams of surprise

'Let's build a Snowman' the youngest did shout
On went the wellies and everyone out

The snow was rolled into balls of three
Buttons for eyes so he could see

Carrot for a nose an' coal for a smile
We called him 'Frosty' – he had so much style

Admiring our work in the crystal white
My eyes did notice a familiar sight

Oh No! Not again it cannot be
Chimney stack squashed of that I could see

But alas, oh yes – it's called being a friend
Helping a chappie with a sledge hard to land

So Merry Christmas to one and all
And if you can fix a chimney stack, give me a call...

JAN MCGRANN - PRENTON

To submit a poem email lavidaliverpool@gmail.com

ARTS & CULTURE

THE GALLERY

Welcome to La Vida Liverpool's art gallery, where we showcase some of the incredible art from our region's finest artists! From abstract and modern to watercolour and canvass, we bring you ingenious creations from local artists every quarter. Here's Leanne Hughes....

LEANNE HUGHES

www.leannehughesart.bigcartel.com


















To submit your art for future editions please email lavidaliverpool@gmail.com

PHOTOGRAPHS OF THE QUARTER

In this section we showcase some of the wonderful photographs from local photographers. The Liverpool region is a photographer's paradise -- from urban and industrial backdrops to stunning coastal settings. Our area inspires many local photographers and in turn they inspire us with their captivating captures. So sit back, relax and enjoy this season's selected photographs....

ALLEN FITZPATRICK

www.instagram.com/imaginephotography_uk/








To submit your photographs for future editions please email lavidaliverpool@gmail.com

TRACEY RENNIE

www.facebook.com/byTraceyRennie/








To submit your photographs for future editions please email lavidaliverpool@gmail.com



ARTS & CULTURE

DIARY OF A TAROT READER

This amazing story happened in the winter months just before Christmas a few years ago....

Let's call our lady Maddy. Maddy had moved into a flat in Oxton with her boyfriend and cat in the September. While she loved the high ceilings and tree lined driveway her first home offered, she told me she always felt a little uneasy and assumed at the start it was because everything was so new.

Maddy went to bed as normal one evening and as always dozed off quite quickly. She remembers waking with a snap and being unable to move -- the cat usually found slumbering on the bottom of the bed was on the windowsill had her hackles up and her back arched.

Maddy told me that in one swift movement she raised almost to the ceiling, she could move her eyes and see her partner asleep on his side facing the window and could still hear the cat softly growling in protest but she could neither speak nor cry for help.

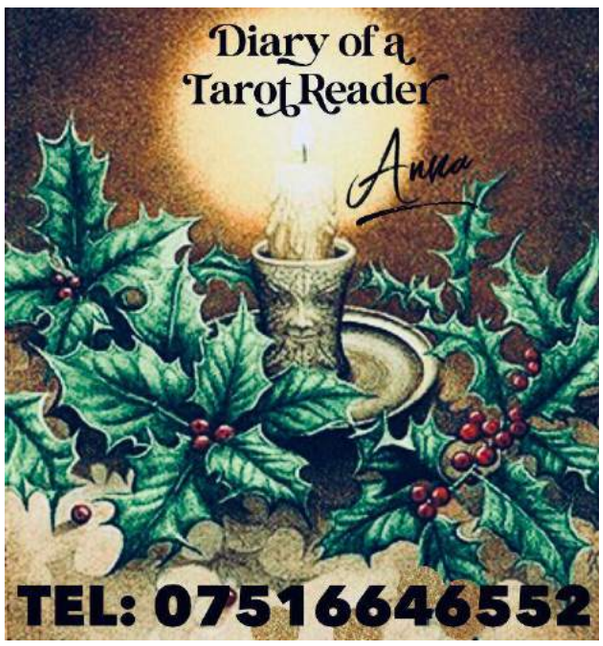
She glanced over to her partner willing him to wake but he remained sleeping. All she could see was inside the uplighter lampshade with its bulb silent and the remains of a dusty moth that had chosen the uplighter as its final resting place. She says the panic she felt was extreme, like nothing she had ever experienced before. Fear and a feeling of total vulnerability overcame her, then she heard a women's voice whisper "she isn't ready yet".

The next moment she felt herself fall back on the bed and her boyfriend was jostled awake with the force. Hysterical she ran out of the bedroom and into the kitchen (it was 4.30am) and there she remained until morning.

Her boyfriend struggled with the whole thing and was convinced it was a dream, what psychology knows as sleep paralysis a common occurrence apparently, but Maddy wasn't having any of it!

Later that evening her partner's friend came around and listened and to the story again. He suggested they look in the uplighter if the moth was there -- if Maddy experienced something it would be, if it wasn't there she didn't. In the absence of a ladder, chairs were brought and the bed moved. When the friend unscrewed the bulb and released the shade he silently handed it down to Maddy's boyfriend. Lying in the bottom was a fragile and still red admiral butterfly.

Maddy is convinced to this day she had some kind of paranormal experience in that flat. I could argue everything away except the butterfly -- how could she possibly have known it was there? Now happily living in her own home with the same partner she came to me for a reading and relayed her story. Coincidence, or something more who knows -- I'll leave it for you to decide.



WIRRAL VIKING FESTIVAL















Leasowe Castle

25th & 26th May 2024

Viking Village
Live Re-enactments
Marketplace
Viking Long Ship
Archery & Axe Range
Immersive Stories
Childrens Activities
Live Demonstrations
Workshops
Educational Talks
Live Music
Viking Boat Burning
& Funeral
Competitions
and much more .....

Tickets

Partnered With

Sponsored By

Espiritu
FLAMENCO



Experience stunning live flamenco shows!

★★★★★

*"Absolutely mesmeric!
I was enchanted!
Beauuuuutiful!!"*

★★★★★

*"A most viscerally
sublime performance!
Gold stars all around."*

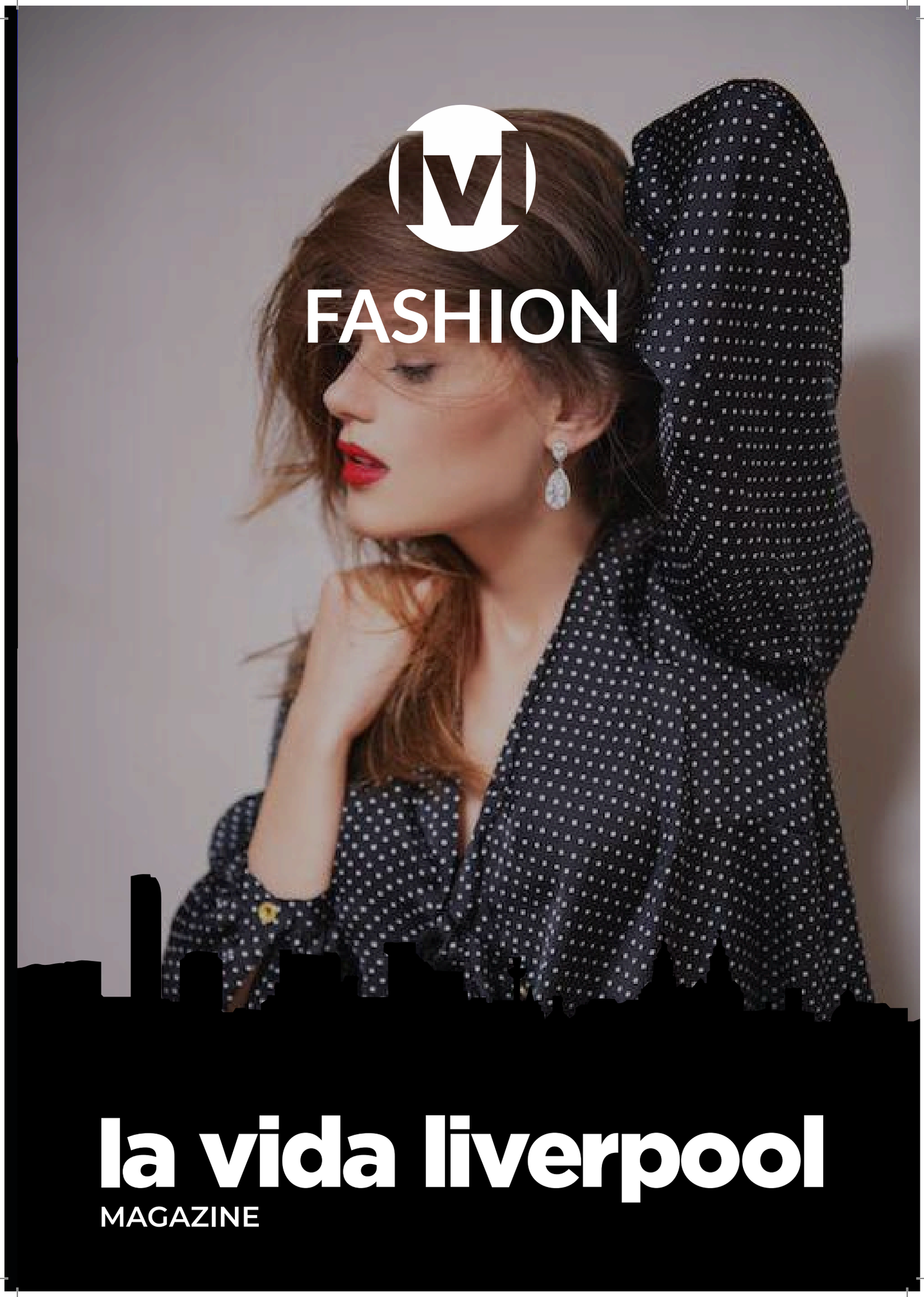
★★★★★

*"Flamenco at its best - dance,
guitar and singing.
Well done, guys!"*



www.espirituflamenco.com

SIGN UP FREE TO THE MAILING LIST FOR UPDATES AND DISCOUNTS →



FASHION

la vida liverpool

MAGAZINE



FASHION

THE GEM OF A MENSWEAR STORE THAT SUPPORTS MEN'S MENTAL HEALTH!

A 'gem' of a menswear store is helping fight the men's mental health crisis. Nestled behind the hustle and bustle of Lord Street, Cavern Menswear on Harrington Street offers luxury designer clothing from international and local brands and for the past three years has been working with local men's mental health charity, Sean's Place, to help combat the crisis.

Founded in 2004 and celebrating 10 years at Cavern Walks, Cavern Menswear has always led with a supportive ethos. The luxury menswear store has helped many local up and coming designers and giving them their first retail platform has resulted in some huge success stories, such as Tribal Society who now have their own stores in The Met Quarter and Grosvenor Shopping Centre in Chester.



Placing quality local and UK brands alongside well-known international brands such as Missoni and Valentino, Cavern Menswear has brought these brands international success, whilst making men look and feel great in the process. That said, Store Manager John Franklin has become aware of the rise in men's mental health issues and suicides — problems that run far deeper than how we look on the outside.



John explained: *"For almost 20 years now we've been making men feel and look good through designer clothing, but we all know that no matter what you wear you can be suffering within. We have become good friends with Debbie who founded Sean's Place, a local men's mental health charity who do amazing work, and she has opened our eyes to the severity of the mental health crisis – especially amongst men."*

He continued: *"A shocking 13.2% of men are suffering from a mental health disorder and 8% of men in the 16-24 age group have reported self-harm, whilst 3 out of 4 suicides are male. As most of our customers are male, we decided to join forces with Debbie and let our customers know they're not alone and there's support out there if they need it."*



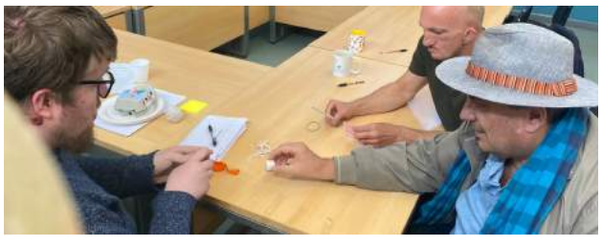
The store has supported Sean's Place a fair bit in recent years — donating flooring, security systems and more for their site in Bootle. They are now raising awareness by placing a free Sean's Place flyer in each shopping bag for customers, along with a free copy of La Vida Liverpool positive news magazine.

In addition to this, Cavern Menswear will be helping raise money for a much needed new commercial boiler at Sean's Place with a donation jar in store and a fundraising weekend on Sat 18th and Sun 19th November. There are also plans for a men's mental health fashion show in the new year.



John said: *"We've all heard of those cases — the guys who dress well and look like they've got it all yet are fighting internal battles and then it's too late. What we're doing is raising awareness and letting people know there's help out there can be the difference. That's why we always prefer people to come in store rather than shop online — talking and face to face interaction is so important these days."*

An unlikely partnership, Cavern Menswear provides men with high end clothing to look the part, whereas Sean's Place helps men who are suffering — with the aim of ending the stigma and encouraging them to talk. The multi-award winning charity based in Bootle offers free support in a confidential and non-clinical environment — with early intervention the key.



Debbie, Founder of Sean's Place, said: *"As a small local charity, support like this is so important for the vital work we do. During the past three years, Cavern Menswear have supported us a great deal such as paying for all the new flooring in our new centre and a security system and CCTV, as well as donating fishing equipment and musical instruments for our music room."* She continued: *"This type of support is helping our mission to combat the rising men's mental health problems and it speaks volumes about the great sense of community in Liverpool. Collaboration is key and when we work together like this we really can bring about positive change."*



John summarised: *"Clothing can make us feel like a million dollars but if we're really troubled inside it doesn't matter what we wear. We've always had an ethical approach, especially when it comes to supporting local designers and getting them to the next level, but with what's going on in society it's time to start raising more awareness."*

Cavern Menswear is located on Harrington Street — a few doors down from Roxy Ballroom — and offers luxury designer menswear from local and international brands. Sean's Place is a multi-award winning men's mental health charity based in Bootle that offers free support and advice in a non-clinical environment.

Cavern Menswear / Harrington Street, Liverpool L2 6RE / 0151 345 6799

VISIT THE CAVERN MENSWEAR ONLINE SHOP CAVERNMENSWEAR.COM AND FOR SALES AND OFFERS FOLLOW THEM ON INSTAGRAM

If you are a designer and would like to enquire about stocking your brand at Cavern Menswear message them on INSTAGRAM

Check out Cavern Menswear on FACEBOOK!

Check out Cavern Menswear on INSTAGRAM!

For more info about Sean's Place visit www.seansplace.org.uk

Linked With Love

Permanent Jewellery from Empowered Beauty By Louise







- Bespoke custom made permanent jewellery
- Choose your own chain, charms and connectors
- Permanently fixed around your wrist, ankle or neck until you decide to take it off - rewelding service available
- Rings and necklaces from £10, cost dependant on length.
- Sterling silver bracelets from £20 - £25
- Anklets from £25 - £30
- Gold filled and rose gold from £30
- 9ct and 14ct gold from £60
- Available for group bookings, hen parties, weddings and pop-ups
- Gift vouchers available

For a free chat and to book an appointment in Neston or Liscard WhatsApp 07984274806 or message via @empowered_beauty_by_louise on Instagram

LIVERPOOL ANTIQUE CENTRE

Find your bargain at the region's No.1 emporium!

- All things retro, vintage, chic and unique
- Furniture, antiques, clothing, art, instruments, collectibles, militaria, books, vinyls and more
- Over 30 different market stalls
- Items from £1 to £4,000
- Classic car and other events
- As seen on Antiques Road Trip, BBC1







Open 7 days a week!







151 Great Howard Street, Liverpool, L3 7DL,
0151 207 9466 - Follow them on FACEBOOK!

NEW BRIGHTON RADIO

Wirral's Best Music Mix

24/7 broadcasting online

Listen via www.nbronline.co.uk

JUST ASK alexa

PRS for MUSIC

PPL

Advertise with us!

for more information, contact nbrradiostudio@gmail.com

www.nbronline.co.uk | newbrightonradio@gmail.com | 0151 638 6157



TRAVEL

la vida liverpool

MAGAZINE



TRAVEL

OUR NORTH WALES TOUR WITH STARGAZERS CAMPERVAN HIRE

Back in July my trusty friend Dave and I embarked upon an epic 3 day tour of North Wales courtesy of Wirral's Stargazers Campervan Hire. We took out their luxury VW T28 campervan and explored some of the stunning countryside and coast just over the border from us!



About Stargazers

Wallasey's Stargazers Campervan Hire have a luxury VW T28 campervan that sleeps up to four people for as little as £16 per person per day — fully insured! With Stargazers it's a very simple process, with a few forms to fill out, and then all you need to do is drive! It's like enjoying campervan life without having to fork out for one.

During the low season (Nov-Feb), you can hire the campervan fully insured for just £270 for a three day weekend, £360 for a four night midweek break or £360 for a full week. Mid season (Mar-May and Sept-Oct) it's just a small fraction more and high season (June-Aug) they offer it for £700 for a full week.



The Campervan

The VW T28 campervan is manual, diesel and offers a four berth sleeping capacity with all the mod cons including cooking and kitchen facilities — plus it's pet friendly. It's really easy to drive, just like driving a small van, and it's easy enough to figure out the beds and all the contraptions.

Lake Vyrnwy & Bala

Our first stop was my favourite place in Wales — Lake Vyrnwy. Built in the 1880s for Liverpool Corporation Waterworks to supply Liverpool with fresh water, this tranquil reservoir is surrounded by pine trees, mountains, waterfalls and a grand 4 star hotel that boasts views over Lake Vyrnwy, a spa and a gorgeous restaurant.



Dave an I enjoyed some time at the incredible hotel and explored the stunning environment before heading to a campsite just outside Bala town centre. We set up the beds in the campervan to avoid having to do it after a few too many drinks and headed into the town for a hearty dinner and drinks at a few of the high street pubs.



Betws-y-Coed & Porthmadog

On Day 2 we headed to Betws-y-Coed — the picturesque little village in Snowdonia National Park surrounded by forests, mountains and lakes. We met up with our good friend Mark and his family before being joined by Dave's girlfriend Becky for a hike. Either side of the village there are epic hikes through the forestry up to the lakes and we opted to explore Llyn y Parc (Llyn Elsi is also highly recommended).



After a fantastic day in Betws-y-Coed, we went on to the coastal town of Porthmadog — where we stayed at another great little campsite and went out for an Indian and a few drinks at Yr Awstralia pub. Two years prior I cycled around Wales for men's mental health and stopped off at that pub, where I met an old guy named Malcolm. When we visited, guess who was there at the bar? Great to see you again, Malcolm!



Portmeirion & Abersoch

The next morning we enjoyed breakfast in Portmadog with my friend Georgina Tang and her son Alessio before heading to the iconic Portmeirion Village. If you've not yet been it's a must — a stunning destination with colourful buildings akin to the Italian Amalfi Coast. It's where the classic television programme The Prisoner was filmed and we explored the village, coast and woodland trails.



This was the final day of our mini adventure so we decided to finish at the Llyn peninsula's popular watersports destination of Abersoch. The Llyn peninsula is home to some stunning beaches and coves and the famous Ty Coch pub — voted 3rd best beach bar in the world. We enjoyed Abersoch beach and a couple of great pubs on our final night before heading home via Llandudno the following day.

Hire A Stargazers Campervan for 2024



We had a cracking few days touring North Wales and if you want to follow our route, you could even extend it and check out the incredible Anglesey too! I'd definitely recommend doing this with Stargazers Campervan Hire — enjoy campervan life for a great price without having to spend tens of thousands on a van, whilst saving money on hotels too. Give them a call today and book your 2024 adventure!

Stargazer Campervan Hire / 07394477317

TO ENQUIRE ABOUT STARGAZERS CAMPERVAN HIRE CALL 07394477317 OR BOOK VIA WWW.STARGAZERSCAMPERS.COM

Check out Stargazers on FACEBOOK!

15% OFF BEAUTIFUL WELSH HOLIDAYS

- Gorgeous cottages and barns just outside Corwen, surrounded by countryside and mountains
- Snowdonia, Bala and Welsh Coast all within 20-50 mins drive
- Ideal for individuals, couples, families and groups
- Host your own retreats or try one of ours!
- All include a great ALPACA experience (see our boys on the website)!







FOR A 15% DISCOUNT (MON-FRI) THROUGH LA VIDA LIVERPOOL FOR INDIVIDUALS, FAMILIES AND GROUPS, CALL DANIEL ON 07789991541 or 01490 460 408!

SCAN THE QR CODE TO TAKE A VIRTUAL TOUR!

VISIT ALIDAN.CO.UK FOR MORE INFO

NEW BRIGHTON COTTAGE BREAKS

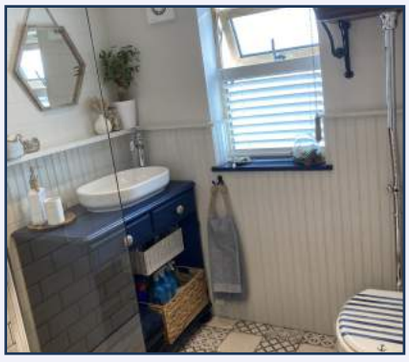
FROM £40pppn at

THE BOATHOUSE

Quirky two bedroom cottage located just off the banks of The Mersey

TheBoathouseNewBrighton








The Boathouse is nestled between two pubs, a 1-minute stroll from the promenade, beach, and seafront seaside resort of New Brighton. Sitting on the world-famous River Mersey, the cottage is perfectly located for a peaceful seaside holiday or is in close proximity to experience the fabulous city of Liverpool.

The local owners have lovingly renovated and restored The Boathouse to a high standard, maintaining many original features. The decor reflects the nautical theme which runs throughout this coastal cottage, creating a cosy feel to a historical property. The 5-star reviews reflect the attention to detail and care that have been poured into this beautiful holiday cottage.

THE BOATHOUSE
NEW BRIGHTON
HOLIDAY COTTAGE

For bookings email info@theboathousenewbrighton.com, WhatsApp 07891 913047 or message via FACEBOOK

SCAN THE QR CODE TO BOOK VIA AIRBNB →

stop wasting your **time** and **energy** on things that do not serve you. you have one life, my friend, so **live it to the full** and **be happy**!





SPORT

la vida liverpool

MAGAZINE



SPORT

PRENTON RUFC: MORE THAN JUST A RUGBY CLUB

A very special thing has been happening at a Wirral rugby club. Prenton RUFC have become a charity — revolutionising the role of a rugby club in today's society — and their Prenton RUFC Community Hub offers kids clubs, fundraising and community events, a community garden and more.



The club has become 'more than just a rugby club' and has filled a gap in society for the local community and beyond. The club's aim is to use rugby as a tool to combat issues such as obesity, mental health problems and isolation, whilst acting as a hub in response to the closure of the local library, community centre, youth club, pub and playing fields.



During the past 12 months, the club has hosted free activity camps for children — with fun educational games and teaching them about gardening and nutrition. The club pioneered a Eurovision gardening project for Ukraine, has provided space for groups and organisations and works with the Community Payback team.



On Saturday 2nd September, Prenton hosted the inaugural Doddie Day for the My Name'5 Doddie Foundation in memory of rugby legend Doddie Weir. The huge tartan takeover featured a wide range of activities such as The Highland Games For Kids, Tag Rugby For Kids, a Tug Of War competition, juggling lessons, an airsoft shooting range, raffles and more — raising over £15,000 for motor neurone disease.



The Doddie Day was so successful that it received support from international rugby figures such as Leilani Latu and Andy Craig — proving that rugby is a powerful vehicle and a club can indeed be #morethanjustarugbyclub. The day featured a tartan suit in memory of Doddie Weir, which is now travelling around other clubs who are doing the same for the My Name'5 Doddie Foundation.



Prenton's Gordon Knapman said: *"Prenton Rugby Club is an example of how a sports organisation can make a positive impact on the local community and beyond. For more than three decades, the club has been offering not only rugby training and matches but also a range of social and environmental initiatives that benefit the residents of the Prenton estate and beyond."*

He continued: *"The club has created a community garden and nature footpaths and we teach young people nature skills. We provide clothing and well-being activities for people of all ages and work with the community payback team, as well as providing a space for other charities and organisations to host events. We are bound by the bonds of rugby and through the sport we can truly make a difference."*



The club is now working with Wirral Borough Council, Sport England, the RFU and other organisations to build on this — to develop the site and create a state of the art hub that will be able to take things to the next level. The club is aiming to offer better facilities, an on site gym and more — to build a flagship hub that can act as a model for other clubs around the country.



Prenton's Brian Elkerton said: *"We're facing problems in society with an increase in mental health issues, isolation, poverty and suicide. We're also seeing an increase in obesity and a decrease in sport participation — rugby participation is down a shocking 67% for example. With many community meeting places closing and a lack of things for people to do, these issues are getting worse."*

He continued: *"At Prenton we aim to bridge that gap and have been doing lots of things to bring the community together — whether that's through rugby or community events. We have some exciting plans in the pipeline and with the right funding we can offer so much more and hopefully make this rugby club a blueprint for clubs around the country."*



Prenton RUFC have become a charity — revolutionising the role of a rugby club in today's society — and their Prenton RUFC Community Hub offers kids clubs, fundraising and community events, a community garden and more. The club is working towards a rebuild that will offer better facilities and a wider range of free services to the general public.

Prenton RUFC Community Hub / Prenton Dell Road, Prenton, CH43 3BS

Follow Prenton RUFC Community Hub on FACEBOOK

TO GET INVOLVED IN THE PROJECT OR FOR FREE VENUE HIRE MESSAGE PRENTON RUFC ON FACEBOOK



SPORT

A LOOK INSIDE LIVERPOOL'S NINJA TRAINING GYM!

Nestled away on Birchall Street near Sandhills station on the outskirts of Liverpool, you'll find a first of its kind gym with a difference! Created by Ninja Warrior Finalist Henry Cookey, HC:FIT is a ninja training gym that has been transforming lives through its unique approach to working out.

A fun, alternative option to a regular gym, at HC:FIT you'll find a ninja course with hundreds of different circuits, traditional gym apparatus, classes, calisthenics, personal training, coaching and more. Suitable for both adults and children with an inclusive community, the gym offers open sessions, one off classes and various membership plans.



Due to its fun, engaging approach to working out, the gym seen some incredible transformations amongst its members — with many stating there's no better place to get fit. For those wanting to take things to the next level, there are big national competitions and the gym is a stepping stone to Ninja Warrior — having had members appear on the show and one even compete in the Olympics.

Founder Henry Cookey is indeed a Ninja Warrior star himself — reaching the UK semi finals of the televised show in 2016 and the final in 2018. He will soon be competing in a huge international competition — set to be broadcast globally. Realising that there was a gap in the market for a ninja style gym that fuses fun with working out, he opened HC:FIT to give people an alternative to regular gyms.



Henry said: *"Working out doesn't just have to be lifting weights in a traditional gym. What HC:FIT offers is something fun and engaging that's also mentally challenging. I guess you could say that HC:FIT is a combination of a traditional gym and a Ninja Warrior play centre — it's fun, yes, but it's also a gym that aims to transform lives and help people be the best version of themselves."*

The best way to get started at HC:FIT is to book in for one of their classes. Adults and kids' classes take place on weekday evenings and Saturday afternoons — with an intimate group of people and expert guidance from Henry to 'show you the ropes' so to speak. If you like it, which pretty much everyone does, you can attend more classes, open sessions 7 days a week or discuss a full membership package.

Memberships at HC:FIT offer fantastic value for money, starting at just £40 per month. The ultimate adults membership covers unlimited adult classes and open sessions, a personal fitness and nutrition plan and a

monthly PT session for just £100 per month. The kids package for the same price covers unlimited classes and open sessions, the academy, clothing and a big birthday party each year.



One member said: *"I have been to HC:FIT several times and it's always worth the trip! Great obstacles and equipment. There is something there for everyone and it is a great way to improve your strength and fitness. Henry is extremely friendly and knowledgeable and has the patient of a saint, both with adults and children. Can't recommend the place highly enough. 5 stars!"*



Another said: *"What an amazing place! It was my first and definitely won't be last visit, friendly coach, obstacles suitable for all levels, it's real fun to train on them. I recommend it for solos, groups, families, adults and little ones to visit this amazing place and become climbing monkeys! It's indoors so there is no bad weather — visit and have fun! 5 stars from me!"*

HC:FIT has also recently formed a CIC — with the aim of getting kids off the streets, off their devices and into the ninja gym where they can improve their mental and physical wellbeing. The gym has already ran free sessions for local kids from challenging backgrounds and situations.



Henry summarised: *"HC:FIT isn't your regular gym. It aims to bridge the gap and bring about physical and mental wellbeing through fun working out. Whether you're looking for ninja training, personal training, coaching, a bit of everything or you'd like to be the next Ninja Warrior Champion on TV — there's a place for you here."*



Created by Ninja Warrior Finalist Henry Cookey, HC:FIT is a ninja training gym that has been transforming lives through its unique approach to working out. Nestled away on Birchall Street near Sandhills station on the outskirts of Liverpool, you'll find a first of its kind gym with a difference!

HC:FIT / Upper Floor, 1 Birchall Street, Liverpool, L20 8PD / 07794 649257

TO BOOK AN INTRODUCTORY CLASS WHATSAPP 07794 649257 OR BOOK VIA WWW.HC-FIT.CO.UK

For more info visit the HC:FIT WEBSITE

Check out HC:FIT on FACEBOOK

Check out HC:FIT on INSTAGRAM

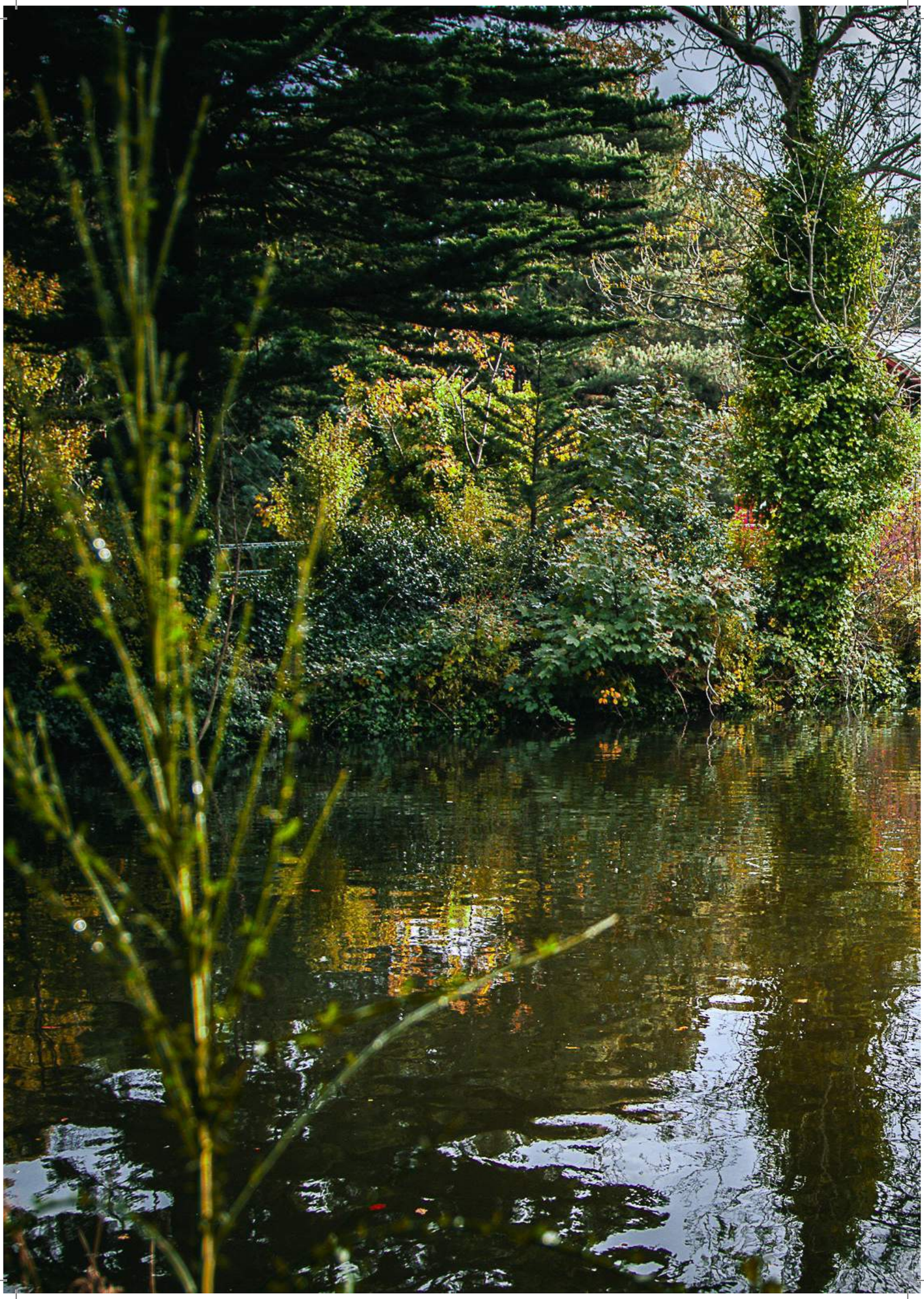
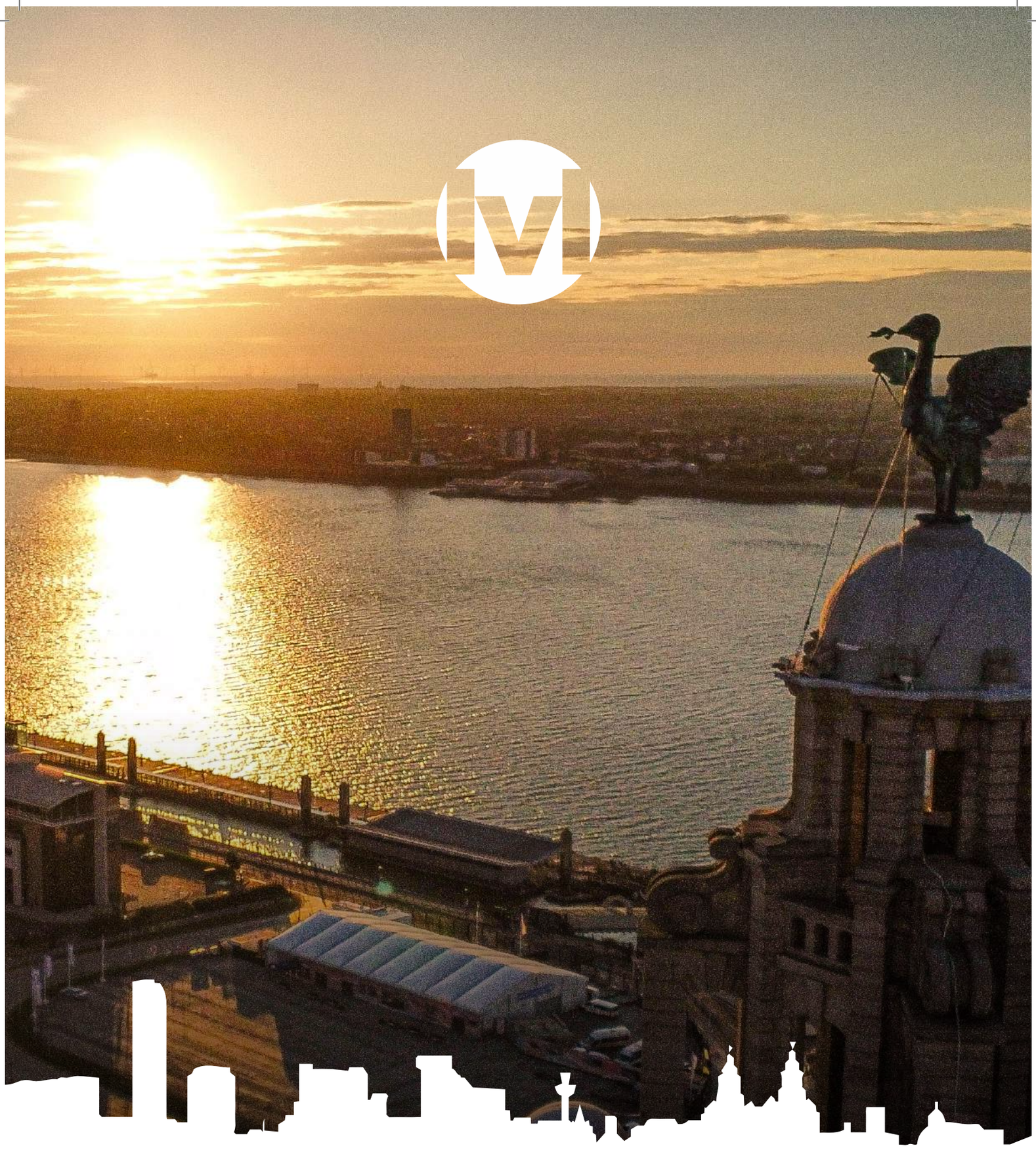



IMAGE COURTESY OF TRACEY RENNIE →



la vida liverpool

MAGAZINE

IMAGE COURTESY OF NATHAN FAIRBROTHER →